

BARRYMORE'S BABY BUMP? {page 13}

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NEW YORK

Wednesday, February 22, 2012

Mideast battle makes way to market shelves

► Park Slope Food Coop will vote on whether to hold referendum to ban products imported from Israel ► Some want to get rid of Israeli paprika, produce as symbolic gesture ► But those against the boycott say it's forcing a political position {page 02}

CHRIS HONDROS/GETTY IMAGES



► The popular Park Slope Food Coop, which has 16,000 members, will vote March 27 on whether to hold the referendum on banning Israeli imports.

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Special section

Getting down to the heart of the matter

- How to know if it's just chest pain or an actual heart attack
- Plus, what you don't know about heart disease {pages 23-30}



Burgundy is the new black

OK, maybe we're exaggerating a little, but they're loving it at London Fashion Week {page 18}

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In the news

Knife pulled on N train subway passenger

Subway passengers scrambled for safety Monday when a panhandler threatened a woman with a knife, according to the New York Post. The female panhandler boarded the N train at Queensboro Plaza at around 6:40 p.m., asking for money. When a female rider began mocking her, she pulled the knife out. She was restrained by a male passenger.

● METRO/SV

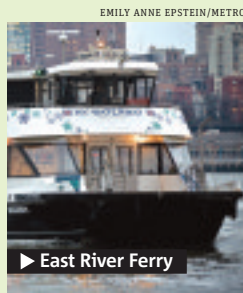
In the news



Taxi tablets?

The Taxi and Limousine Commission is considering installing tablet computers in the backs of cabs instead of TVs, The New York Times reports. TLC Commissioner David Yassky told the paper that a company called Square is pitching a pilot program to put new technology in 50 taxis, which would allow passengers access to new features like games.

● METRO/EAE



Fifty percent ridership drop on ferry

EAST RIVER. Average daily ridership has dropped by almost 50 percent on the East River ferry service, from its launch in June to December, according to The Wall Street Journal.

The ferry runs between Pier 11 at Wall Street and 34th Street, stopping in Brooklyn and Queens along the way. The boat, which poses as an alternative to the overcrowded L train to Manhattan, is operating right now as a pilot program and needs a \$3.1 million city subsidy to stay permanently afloat.

● METRO/SV

Man found injured in fire

UPPER EAST SIDE. Firefighters found a man in an Upper East Side apartment building after a blaze broke out there yesterday, according to the New York Post. He was rushed to Weill Cornell Medical Center with severe burns. The fire ignited on the second floor of the East 73rd Street residence at 2:06 p.m. and was controlled by 2:44 p.m.

● METRO/SV

Bomb threat made at WTC

DOWNTOWN. A man staying at the W Hotel told police he was going to "place a bomb in One World Trade Center and blow it up."

He allegedly made the threat after being questioned by officers about avoiding his hotel bill, according to the New York Post. Brian Hunter, 41, was arrested for making terrorist threats. Police said he's not a "credible threat."

● METRO/SV

Park Slope Food Coop mulls an Israel boycott

► Some suggest taking Israeli products off the shelves ► Others say this debate should stay out of supermarket aisles ► Vote next month decides

To stock paprika, or not to stock paprika?

That is the question at the Park Slope Food Coop, where members are debating whether to boycott products from Israel.

The issue surfaced after a member suggested the co-op join Boycott, Divestment and Sanctions, or BDS, a movement that supports a global boycott of Israeli products.

Items imported from Israel that some want to ban include paprika, a make-your-own seltzer machine, vegan marshmallows, olive pesto and produce.

BDS supporters hope that economic pressure from a boycott will put an end to what they say are Israel's human rights abuses against Palestinians.

This controversial global conflict has tucked into the supermarket shelves. The co-op will vote March 27 on whether to hold a referendum on the boycott, which would poll every member on whether to pull the products from the shelves.



► Some at the co-op want to boycott Israeli imports.

The co-op, which has nearly 16,000 members, is expecting a crowd on the 27th.

It moved its regular monthly meeting from where it is normally held, in a syna-

gogue, which holds the typical 300 attendance, to Fort Greene's Brooklyn Technical High School, which can hold 1,500 people, said Ann Herpel, 48, the co-op's general coordi-

nator.

Letters from both sides have filled the co-op's newsletters in recent months.

"It's been buzzing around here for a while," Herpel said.

Herpel said a boycott would likely include "less than five products," but supporters say the symbolism is key.

"If the co-op stopped selling the products that it sells from Israel, it's not like it's going to cause an economic collapse," said Melissa, a 36-year-old co-op member who supports the proposed boycott. "The symbolism is what is weighty."

Barbara Mazor, a 54-year-old engineer, started the group More Hummus, Please, to fight the boycott.

"This is something that's really outside the scope of what the co-op does. People come to the co-op to save money on food," she said. "It's an attempt to force a position on people."

ALISON BOWEN
alison.bowen@metro.us

Barbara Mazor
More Hummus, Please
stopbdsparkslope.
blogspot.com

This does nothing to bring peace

The BDS movement does nothing to bring peace between Israelis and Palestinians, or improve the lives of Palestinians. Peace will come through a negotiated settlement between the two parties that will include mutual recognition of rights and national aspirations. The BDS leadership works against peace by rejecting all cooperative endeavors between Is-

raelis and Palestinians. By placing all blame on one party only, and by ignoring context, the BDS movement serves to bolster the most rejectionist elements of the Palestinian cause.

The three demands of BDS are based on a faulty understanding of the relevant international law. The real goal of BDS is to end the existence of Israel as a Jewish and democratic state. Thus, BDS has been rejected over and over by every institution where it has tried to get an honest endorsement. BDS looks forward to yet another stunning defeat at the Park Slope Food Coop.

Liz Roberts
psfcbds.wordpress.com

Co-op needs to stand on right side of history

A co-op referendum is the most democratic way to decide on BDS. The trope of calling all who criticize Israel anti-Semitic is absurd. Like me, many Jews work to end Israel's occupation, settlements, land annexation, domination and violence. One hundred and fifty Palestinian civil society organizations have called for boycott. The call is being answered with enthusiasm

globally. Hundreds of actions have been taken by universities, religious institutions, political parties, municipalities, banks and unions.

Alice Walker, Dustin Hoffman, Meg Ryan, Carlos Santana, Bjork, Brian Eno, Elvis Costello and Desmond Tutu are just some BDS supporters. South Africa's campaign took decades to achieve what this campaign accomplished in its first five years.

The co-op can lag behind global opinion or stand on the right side of history and join the growing international movement to end Israeli oppression of Palestinians.

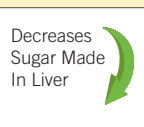
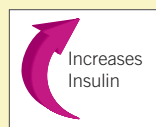
JANUVIA is widely available on most insurance plans.^a

Today, I took steps to balance my TYPE 2 DIABETES.

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JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.



- JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.
- Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.
- JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA: Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

^aFingertip Formulary, LLC, June 2011.

Please see the Medication Guide on the next page and discuss it with your doctor.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



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Having trouble paying for your Merck medicine?
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^bTerms and conditions apply. Please see next page.

Eligible patients may receive a free 30-day trial supply of JANUVIA.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you. No purchase is required. Not valid for refills.

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. Please see Terms and Conditions on the back of this voucher.
- Expiration Date: 06/30/2012

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- Read the Prescribing Information before prescribing JANUVIA.
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient along with the Medication Guide for JANUVIA.

Januvia®
(sitagliptin) tablets

- Dose _____mg
Offer valid for up to 30 tablets.
- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
 - For additional copies of the Prescribing Information, call 800-672-6372, visit Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for this free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense (TrOOP)], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- No universal claim forms will be processed.

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THIS VOUCHER IS NOT INSURANCE.

Januvia®
(sitagliptin) tablets

Medication Guide
JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?
Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.
Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

- Tell your doctor if you have ever had
- pancreatitis
 - stones in your gallbladder (gallstones)
 - a history of alcoholism
 - high blood triglyceride levels
 - kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

- Symptoms of a serious allergic reaction to JANUVIA may include:
- rash
 - raised red patches on your skin (hives)
 - swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.

- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **“What are the possible side effects of JANUVIA?”**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor’s instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.

- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?
Serious side effects have happened in people taking JANUVIA.

- See **“What is the most important information I should know about JANUVIA?”**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:

- | | |
|--------------|-------------------|
| • headache | • irritability |
| • drowsiness | • hunger |
| • weakness | • fast heart beat |
| • dizziness | • sweating |
| • confusion | • feeling jittery |

- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **“Who should not take JANUVIA?”**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.
Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.
Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?
Store JANUVIA at 68°F to 77°F (20°C to 25°C).
Keep JANUVIA and all medicines out of the reach of children.
General information about the use of JANUVIA
Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.
This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?
Active ingredient: sitagliptin.
Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.
What is type 2 diabetes?
Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.
High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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9984404
US Patent No.: 6,699,871
This Medication Guide has been approved by the U.S. Food and Drug Administration.

DIAB-1018050-0000 12/11

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer.
The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- **Please read the accompanying Medication Guide and discuss it with your doctor. Also available is the physician Prescribing Information.**
- **Expiration Date: 06/30/2012**



Ex-manager pleads guilty to stealing from Mets

Disgraced former New York Mets clubhouse manager Charlie Samuels admitted yesterday to stealing team memorabilia to the tune of \$2.3 million, according to the Queens district attorney.

Samuels, 54, confessed he stashed away more than 500 autographed jerseys, 300 hats, more than 800 baseball bats, batting helmets and equipment bags, according to the Daily News. He never sold any of the memorabilia, but kept it to fund his retirement.

Among the items was a Mets jersey signed by country singer Garth Brooks in 2000, according to the News.

Samuels started with the team in 1976, was made equipment manager in 1983 and subsequently became the clubhouse manager and traveling secretary. But he was fired in 2010 after the Mets accused him of betting on baseball games. He also allegedly paid off debts with money siphoned from official team accounts.

"(Samuels) had a dream job that any Mets fan would die for — and he blew it," Queens DA Richard Brown said yesterday. "He allowed his greed to get the better of him."

Samuels also pleaded guilty to under-reporting his income from the Mets on his 2009 state tax returns. He didn't declare tips he had received from Mets ball players and others with the team.

Taking a guilty plea helped Samuels avoid jail time, according to reports. Instead, he'll have to serve five years probation and pay the Amazin's \$25,000 in restitution, and pay the city and state another \$34,000 in back taxes. He also has to return all the stolen memorabilia items.



CARLY BALDWIN
carly.baldwin@metro.us

"He had a dream job that any Mets fan would die for — and he blew it."

QUEENS DA RICHARD BROWN



"He allowed his greed to get the better of him."

QUEENS DA RICHARD BROWN

Banned for life

Samuels is now banned from Mets games for life at Citi Field, as part of the conditions of his plea deal. He can't even set foot in the Mets' minor league park in Brooklyn, the Coney Island Cyclones stadium, or the Mets' spring training facility in Port St. Lucie, Fla.



► Citi Field

Kosher food vendor hires major law firm to battle Mets

As part of an ongoing battle with the Mets over selling hot dogs at Citi Field on the Jewish Sabbath, a Kosher food vendor has reportedly hired the same legal firm that represented Al Gore in his clash with George W. Bush in 2000.

Kosher Sports filed the

breach-of-contract suit against the baseball team almost two years ago after the Mets banned the food distributor from selling Kosher food, such as hot dogs and knishes, during Friday night and Saturday home games. At issue was concern if food that is prepared and sold

on the Sabbath is truly kosher.

The vendor said breaking the 10-year, \$725,000 contract has cost his business hundreds of thousands of dollars in profits, according to the Daily News. The case is set for trial later this month.

● STEPHANIE VIDGEN

If a cheap, plastic  doesn't belong in your living room, neither does a cheap, plastic window.

The problems with cheap windows:

- Even through **normal** temperature changes, vinyl and fiberglass expand, contract, warp and leak.
- Only staples, screws and glues hold them together, so when their seals break, and their insulating gas is gone, so is your comfort.

The Fibrex® window is the solution:

- We're the replacement window division of Andersen, and they developed our **Fibrex®** material to meet **their** superior standards.
- **Fibrex** is so strong, it prevents glass movement, seal failure, and discomfort in your home.

► This Pre-Season Special ends March 12th

To keep keep our installers working during our slow season, we're offering the **biggest discount we can afford.**



an Andersen Company

Pre-Season Special
Only through March 12th

SAVE 20%
on your entire order

NO INTEREST FINANCING¹

with our Instant Product Rewards Plan
Offer expires March 12, 2012

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¹DETAILS OF OFFER: Restrictions and conditions apply, see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. *Minimum purchase of 5 or more windows required. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. Offer valid at participating locations. Renewal by Andersen of Central/Northern NJ and Long Island are neither brokers nor lenders. Financing is provided by third-party lenders unaffiliated with Renewal by Andersen of Central/Northern New Jersey and Long Island. Accrued interest waived if paid off prior to end of 12 months. "Renewal by Andersen®" and the Renewal by Andersen logos are registered trademarks of Andersen Corporation. © 2012 Andersen Corporation. All rights reserved. © Lead Surge, LLC. All rights reserved. NJ Consumer Affairs License #: 13HV01541700, NYC Consumer Affairs License #: 1244514, Nassau Consumer Affairs License #: H081015000, Suffolk Consumer Affairs License #: 43991-H, NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area.

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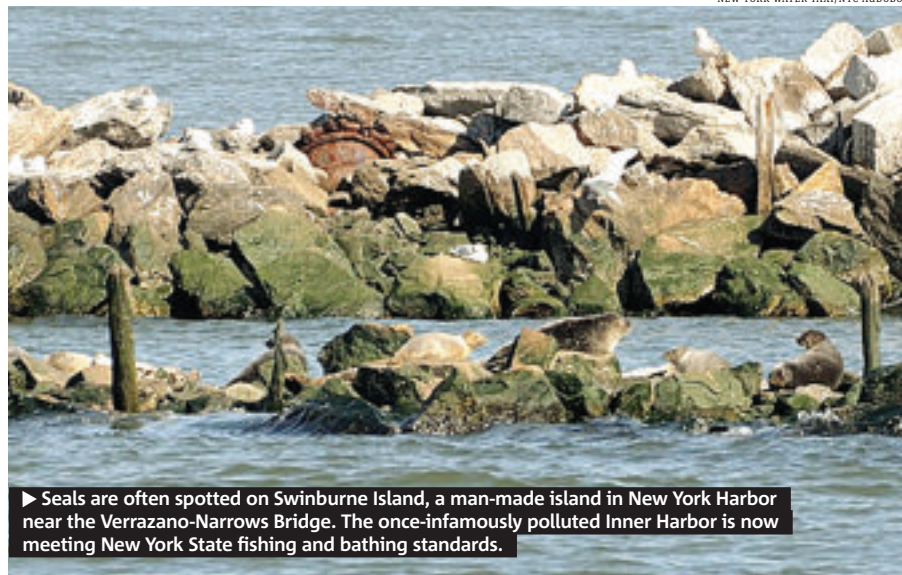
**St. Luke's
Hospital**

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Infirmary**

Seals return to New York City Harbor

- ▶ Harbor water cleaner than it's been in a century
- ▶ As many as 50 seals now frolick just off Brooklyn

NEW YORK WATER TAXI/NYC AUDUBON



▶ Seals are often spotted on Swinburne Island, a man-made island in New York Harbor near the Verrazano-Narrows Bridge. The once-infamously polluted Inner Harbor is now meeting New York State fishing and bathing standards.

A harbor seal poked its head out of the water and stared at a boat filled with binocular-clad nature lovers, who had bundled up this past Sunday to search for wildlife in New York Harbor.

The seal then swam slowly toward man-made Swinburne Island, near the Verrazano-Narrows Bridge, before dipping down out of sight.

Seals? In New York Harbor? Believe it.

"They really like it here because it's so undisturbed," said Gabriel Willow, a naturalist who led the "eco-cruise," put on by New York City Audubon and New York Water Taxi.

New York Harbor was once too polluted for most animals to survive. But its health began improving after the enactment of the Clean Water Act in 1972, and it's now cleaner

than at any time in the last 100 years, according to the city.

Harbor seals returned to New York's waters about two decades ago, and their numbers are on the rise. Though Swinburne Island is their fa-

vorite spot, they are occasionally seen closer to Manhattan and even farther up the Hudson River.

Bird, fish and oyster populations also appear to be increasing. On Sunday, Willow was able to identify two cormorant species, two goose species, three gull species, a loon species, a sandpaper species and at least seven duck species. Most of these birds, like the seals, spend the winter here after breeding further north.

"This is really mild for these Arctic species," Willow said.

The harbor still suffers from sewage overflows and stormwater runoff. Nonetheless, Willow said, "There hasn't been a better time since probably 1830 to be experiencing nature in the city."

Take a tour

Want to take a harbor tour for yourself? New York City Audubon and New York Water Taxi are offering two more eco-cruises this winter, both of which will take place on Sunday, Feb. 26. The first tour starts at 11 a.m. and the second starts at 2 p.m. The cost is \$35 for adults and \$25 for children ages three to 12. For more information, visit www.nywatertaxi.com/tours/audubon-winter

Sharks not making a comeback

Naturalist Gabriel Willow said New York's harbor, an estuary where salt and fresh water meet, is "like a Grand Central Station for

fish," including eel, striped bass and shad.

One exception to the area's wildlife resurgence is sharks, which "are in free fall around the globe, driven primarily by the trade in shark fins and bycatch in fisheries," said Jon Forrest Dohlin, director of the New York Aquarium.

● JESSE GREENSPAN

50

Jon Forrest Dohlin, director of the New York Aquarium, estimates there are between 30 and 50 seals in New York Harbor annually.

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More NYers going private on Facebook

► NYU study finds 200 percent increase in Facebook privacy from 2010 to 2011 ► Manhattan users share the least ► Women more private than men online

Manhattanites share the least on Facebook, according to a new study from New York University, while Queens residents are the most exposed.

Researchers at NYU's Polytechnic Institute announced a study yesterday that revealed more New Yorkers than ever are slashing what is publicly seen on their Facebook profiles.

The number of users hiding their friend list increased more than 200 percent during a 15-month period, according to the study, which will be presented next month at a Switzerland social networking conference.

The most private Facebook users can be found in wealthy Manhattan enclaves, the researchers said, and the least private are in Queens.

Researchers studied 1.4 million New York City Facebook profiles from March 2010 to June 2011, checking to see who hid what.



► How's your privacy?

In 2010, 17 percent of users hid their friend list, but 15 months later, that number increased to 53 percent, researchers found.

Facebook users also chose to conceal other tidbits on their profiles, such as hometown, high school and relationship status.

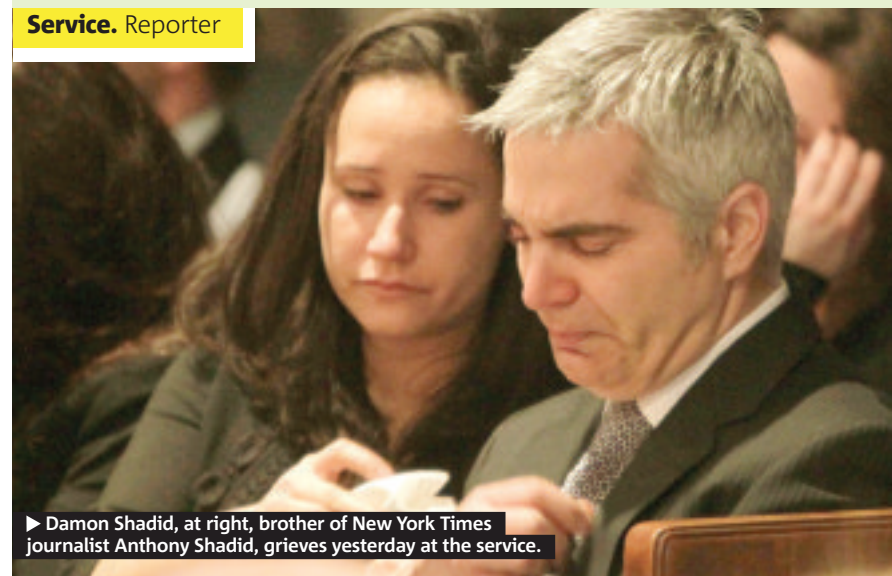
Women were more private than men, the researchers

found, with 55 percent restricting information in June 2011, compared to 49 percent of men.

NYU professor Keith Ross, who led the study, said a Facebook redesign of privacy options might have contributed to the choice by many to conceal.

ALISON BOWEN
alison.bowen@metro.us

Service. Reporter



► Damon Shadid, at right, brother of New York Times journalist Anthony Shadid, grieves yesterday at the service.

Mourning a NY Times reporter gone too soon

A memorial ceremony was held yesterday at the American University of Beirut in Lebanon for New York Times reporter Anthony Shadid. Shadid, who is of Lebanese descent, died last week in Syria of an asthma attack. The 43-year-old Pulitzer Prize-winning journalist had secretly entered the country to report on Syria's increasingly bloody crackdown on a pro-democracy revolt, and thousands of Times readers were shocked by his sudden death. New York Times Executive Director Jill Abramson attended yesterday's service, as did Times photographer Tyler Hicks, who was with Shadid when he died and carried his colleague's dead body into Turkey. Shadid will be remembered for covering two decades of Middle East turmoil. ● METRO

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Santorum: Obama health care damages marriage institution

Republican presidential candidate Rick Santorum accused Democratic President Barack Obama's administration of implementing health care policies that discourage marriage and hurt families.

The former Pennsylvania senator, trying to rally conservative voters and put pressure on Republican rival Mitt Romney, said Obama's 2010 health care overhaul gave couples financial incentives to remain unmarried.

"Do you realize that if you

"Thousands of dollars more for the average American family you paid if you are married."

RICK SANTORUM

are married under Obamacare, you pay a lot more than if you are living together under Obamacare? A lot more," Santorum told 500 voters packed into Froehlich's Classic Corner restaurant.

"Thousands of dollars more for the average American family you paid if you are married."

Santorum's attack was the latest in a series of provocative statements in which he or his staff has touched on religion, health care or abortion in criticizing the Democratic president.

Over the weekend, Santorum questioned Obama's "theology," and suggested that the president's health care law encouraged abortion by requiring insurers to cover various prenatal tests used to identify abnormalities. **REUTERS**



► Rick Santorum accused President Obama's administration of implementing healthcare policies that discourage marriage.

Obama targets Santorum on economy

President Barack Obama's re-election campaign regularly rips Mitt Romney, long viewed as the front-runner for the Republican presidential nomination, for his economic policies. Yesterday, it added Romney's rival Rick Santorum to its list of top targets.

In a sign of the growing seriousness with which the president's team takes the former senator from Pennsylvania, Obama's campaign gave equal billing to Santorum in a memo criticizing the two

Republican candidates' tax and deficit-reduction plans.

"Governor Mitt Romney and Senator Rick Santorum claim they will champion spending cuts deep enough to cut taxes and balance the budget," Obama campaign policy director James Kvaal wrote in the note, which was distributed to reporters.

"They have both proposed irresponsible and reckless tax plans that would drive up the deficit by trillions of dollars, while their claims to balance the budget through spending cuts are completely unrealistic."

Santorum has surged ahead of Romney in some national polls of Republican voters. **REUTERS**

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Rick Santorum should spend less time with his bible and more time at a biblioteca.

Santorum believes that climate change science is a hoax, and this week he offered some of his reasoning. He explained that “man has dominion over the Earth” and “unlike the Earth, we’re intelligent and we can actually manage things.” But environmentalists, Santorum says, view man “just like any other species out there.” They spend too much time “worshipping the Earth” and

not enough time worrying about “man and his light.”

So, Rick Santorum rides in cars, flies in airplanes, protects his family’s health with modern medicine, receives his campaign funding through a worldwide electronic banking system and communicates with voters via TV and the Internet — while simultaneously believing that his incoherent extrapolations from the book of Genesis are an admissible argument against science?

These wonders of modernity would be impossible if millions of scientists, each devoting their lives to the discovery of counterintuitive truths, had not persevered in convincing a skeptical world that its traditional understandings of how things worked — reeking of superstition and religious dogma — were bitterly mistaken.

What Santorum fails to understand is that climate science is no different than the



rest of science — it is produced by the very same research methods and rigorous evaluative standards as all other science. In fact, this is

precisely what makes something “science,” and not speculation, religion or, dare I say, politics — it’s called the scientific method.

When a scientist claims to have used the scientific method, the other scientists make no leaps of faith. Instead, they scrutinize every aspect of the research and hunt relentlessly for the smallest mistake, for any remotely questionable data. Only after the vast majority of a researcher’s peers, each poring over not only the research itself but every criticism of it, can find no flaw in the researcher’s adherence to the scientific method — only then — can the findings be cautiously said to have produced a scientific fact.

Climate change research has undergone the same rigorous review process as research that has led to the space program, the prevention of polio, the Internet and even the carbon fuel extraction and consumption techniques that scientists

now identify as a primary cause of climate change.

The fact that “97.5 percent of climatologists who actively publish research on climate change” have reviewed such research without objection should motivate even someone as ignorant as Rick Santorum to pause, if only momentarily, to consider whether he is truly willing to gamble the fate of the world and all of God’s creatures on his unsubstantiated gut feeling that either (1) all of these scientists are, on just this one topic, somehow mistaken, or (2) Jesus will arrive in the nick of time and, sailing across the bubbling oceans atop the last dwindling slab of glacial ice, whisk the righteous away to a better place where there aren’t any consequences for one’s actions — or for one’s beliefs.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



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Funding provided by grants from the U.S. Department of Homeland Security.

Afghans angry, US sorry after Koran burning

U.S. helicopters fired flares to disperse hundreds of angry Afghans who massed outside the main U.S. military base in Afghanistan yesterday after hearing staff there had burned copies of the Koran.

Defense Secretary Leon Panetta issued an apology for "inappropriate treatment" of Islam's holy book at the base to try and contain fury over the incident — a public rela-

tions disaster for Washington as it tries to pacify the country ahead of the withdrawal of foreign troops in 2014.

Protesters started to gather after Afghan laborers found charred remains of copies of the Koran as they collected rubbish from Bagram airbase, the provincial governor's office said in a statement.

As many as 2,000 Afghans massed outside several gates to the base, the main center for NATO-led forces just north of the capital Kabul, chanting anti-foreigner slogans and throwing stones, said Reuters reporters at the scene.

Both Afghan President Hamid Karzai and the Taliban in Afghanistan condemned the incident, both of them saying the values of Islam had been "degraded." **REUTERS**

You don't get it

Winning the hearts and minds of Afghans is critical to U.S. efforts to defeating the Taliban, but critics say Western forces often fail to grasp Afghanistan's religious and cultural sensitivities.

Greece. Bailout



► Greece's Finance Minister Evangelos Venizelos said "a nightmare scenario was avoided."

LOUISA GOULIAMAKI/AFP/GETTY IMAGES

Europe seals new Greek bailout

Euro zone finance ministers sealed a 130-billion-euro (\$172 billion) bailout for Greece yesterday to avert a chaotic default in March after persuading private bondholders to take greater losses and Athens to commit to deep cuts. **REUTERS**

Strauss-Kahn held in prostitution probe

Former IMF chief Dominique Strauss-Kahn was questioned by police yesterday over his dealings with an alleged prostitution ring that was run from the northern French city of Lille and organized sex parties in Paris, Brussels and Washington.

Strauss-Kahn, a former finance minister seen as a strong contender for France's 2012 presidential election until a sexual assault case in New

York last May brought his ambitions to an abrupt halt, was to remain in police custody overnight and could be held until tomorrow morning.

The investigation is focused on a prostitution ring that allegedly supplied clients of Lille's luxury Carlton hotel. Police want to establish whether Strauss-Kahn knew that women at parties he attended in Paris and Washington were prostitutes. **REUTERS**

Iran would act against enemies if endangered

TEHRAN. Iran would take preemptive action against its enemies if it felt its national interests were endangered, the deputy head of the Islamic Republic's armed forces was quoted by a semiofficial news agency as saying yesterday.

"Our strategy now is that if

we feel our enemies want to endanger Iran's national interests, and want to decide to do that, we will act without waiting for their actions," Mohammad Hejazi told Fars news agency.

Still, a top U.S. intelligence official said last week that while U.S. spy services believed Iran would respond if attacked, they thought it was unlikely to start a conflict. **REUTERS**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

Barrymore seen with sonogram pics

I've been so unfortunately fascinated with what might possibly be going on with **Jennifer Aniston's** uterus that I've totally forgotten to be inappropriately inquisitive with what is happening with **Drew Barrymore's**. So, I was slightly blindsided when I saw the photos of the actress, 36, taken along with her new fiancé, the 34-year-old art consultant **Will Kopelman**, leaving a Beverly Hills doctor's office, holding what are definitely sonogram photos.

TMZ.com, who has published the photos, reached out to Barrymore's rep, who told the site, "No comment."

Of course, it's not a done deal until there's a cover on People magazine proclaiming her fertility, but, as you can tell by these recent snapshots of Barrymore (right), she's totally letting her roots grow out and is wearing much baggier clothing. Also, she looks fantastic.

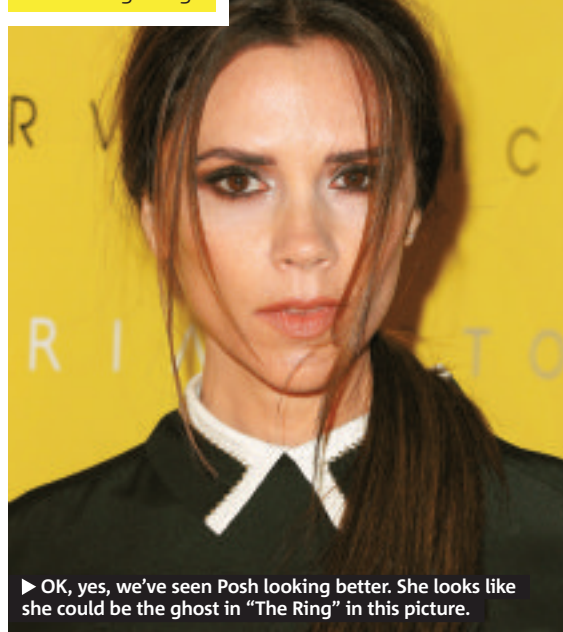
Women in Hollywood have been declared pregnant for much, much less. Here's hoping for awesome Barrymore babies!



Drew Barrymore visited the "Tonight Show With Jay Leno" on Feb. 2.

Barrymore was spotted at the Marni at H&M Collection Launch on Friday in Los Angeles.

Celeb. Sighting



ALL PHOTOS GETTY IMAGES

► OK, yes, we've seen Posh looking better. She looks like she could be the ghost in "The Ring" in this picture.

C'mon, give Victoria Beckham a break, world!

Victoria Beckham is striking back at critics who have said she's been looking miserable lately. "Look, if people want to say I'm miserable then so be it," Beckham tells the Sunday Mirror, explaining that she's just exhausted from the combination of having new baby girl Harper to care for and a fashion line to oversee. "And then people want to say I look crap. Well, I'm a working mum, so give me a break."

Talking points

No hope for Seal and Klum

It looks like any hopes for **Heidi Klum** and **Seal** patching things up have been dashed, as Klum reportedly feels better and better about her decision to file for divorce every day, according to People magazine. "They have had very little contact and Heidi wants to keep it this way," a source says. She feels less stressed out now and feels it's best to be away from Seal, so she doesn't get confused about her feelings. She is moving forward with the divorce. Some fans held



Aniston

out hope for reconciliation as the famous couple continued to wear their wedding rings — and apparently they weren't alone.

Aniston clears up the rumors

Since **Justin Theroux** broke up with his girlfriend of 14 years shortly before getting together with **Jennifer Aniston**, the former "Friends" star has been dodging claims that she's a home-wrecker. But Aniston insists she and Theroux — who met while filming "Wanderlust" — didn't get together until later. "Nothing happened on that movie," she tells GQ magazine. "It's a rumor — it's the easy rumor, but nothing happened. We were just friends." Speaking

of rumors, Aniston continues to use her current press tour to clear up a few stories floating around about her. "I'm not having triplets. Not having twins. Nor am I having one baby. I did not elope," she tells the magazine. "The one time I do say, 'Yes! I'm pregnant!' they'll be like, 'Pfft. Right.'"

Tebow on Perry rumors

Tim Tebow insists that he and **Katy Perry** are not dating — much to the dismay of Perry's mother. "No, there's not" any truth to the hookup rumors, Tebow tells Hollyscoop. "I'm just having fun and enjoying my life, trying to enjoy every moment and not get too caught up in any

of the hype."

Driver reveals baby daddy

After keeping mum for three years, **Minnie Driver** has revealed the identity of the father of her son, Henry, saying it was a writer on "The Riches," her former TV series. "He's not famous," Driver tells the Observer — without actually naming the man. "I don't need to protect him anymore. He can fend for himself. He's a grownup. I chose to protect him and not have a rain of publicity." As for how things are now between Driver and Henry's father? "Is he a good dad? Sort of. He's figuring it out," she says. "I mean, he hasn't been that involved — his choice."



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Albert Brooks is surprisingly optimistic, Lindsay Lohan just wants to listen to some music, Cee Lo Green is feeling good about this year, and Joan Rivers is happy to be recognized.

@AlbertBrooks

I'm feeling so good this morning that I set my doomsday watch back by a whole minute.

@lindsaylohan

iTunes is DRIVING ME INSANE... why does it do this? It literally, is LYING to me and saying that my security code is NOT correct & IT IS!

@CeeLoGreen

2012 is mine

@Joan_Rivers

Just found out I will not be a presenter at next week's Oscars. I did, however, get a callback for the "death reel."



Green



2



Here's Salma Hayek in a plunging gown to kick off your Wednesday

1 Amy Adams attended the Vanity Fair and Juicy Couture "Vanities" 20th anniversary at Siren Studios on Monday in Hollywood.

2 David Beckham and son Cruz Beckham appeared at the second annual Cartoon Network Hall of Game Awards at the Santa Monica Airport on Saturday.

3 Singer Sinead O'Connor performed onstage at the El Rey Theatre on Monday in Los Angeles.

4 Singer Taylor Swift appeared on the "Tonight Show With Jay Leno" at NBC Studios on Monday in Burbank, Calif.

5 Salma Hayek attended Goya Cinema Awards 2012 at Palacio Municipal de Congresos on Sunday in Madrid, Spain.

6 Jack Hanna, along with a little friend, arrived for "The Late Show with David Letterman" at Ed Sullivan Theater on Monday in New York City.

1: FREDERICK M. BROWN/GETTY IMAGES
2: FREDERICK M. BROWN/GETTY IMAGES
3: AMANDA EDWARDS/GETTY IMAGES
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Reigniting the fires

► Dan Zanes takes time off from performing for children to revisit The Del Fuegos and the music he played when he was younger

In the 1980s The Del Fuegos were one of Boston's most exciting up-and-coming bands. Exemplifying raw garage rock in a pre-grunge era, the band combined country and punk, creating high-energy anthems. While controlling the local music scene, the band would go on to play worldwide tours opening for bands like INXS, the Replacements and Tom Petty & the Heartbreakers.

"Even under the best of circumstances, we were a tense and fearful group," notes songwriter Dan Zanes.

Zanes says The Del Fuegos were ready to call it quits when his brother, Warren, and bassist Tom Lloyd left the band

after their third record: "Without them, things got more and more difficult, and our lifestyle started to undermine everything. It was the first part of spontaneous combustion."

The other part was that Zanes had made another Del Fuegos album just around the time that Nirvana broke.

"We instantly felt like dinosaurs," he says. "The Del Fuegos was an amazing way to waste our youth. We got to experience the 'ups,' but we also got to experience the 'downs'—and the 'downs' were very meaningful. We all learned a lot from the art of it all. And if you look at it now, everyone went on to do amazing things."



► The Del Fuegos were (and are again), from left: Lloyd, Warren Zanes, Dan Zanes and Giessmann.

If you go

► **The Del Fuegos**
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Warren Zanes went on to earn two master's degrees and a Ph.D. He's now the vice president of education at the Rock and Roll Hall of Fame as well as a professor and writer. Lloyd is a cellist and investment analyst. Drummer Woody Giessmann founded Right Turn, a program offering assistance to

artists in recovery from addiction and other mental health issues. Dan Zanes went on to make family records and won the Grammy for Best Musical Album for Children in 2007 for "Catch That Train."

NOLAN GAWRON
letters@metro.us



► Zanes, in 2007

Child's play

"After The Del Fuegos, I went into hiding and turned my back on rock 'n' roll, entirely," says Dan Zanes. "When my daughter was born, I had a solo record and was trying to think about what all-ages music would look like. I was able to record something that I wasn't able to find in record stores and made other kids tapes to hand out to their mothers. All of a sudden, no one cared about my solo record, but everyone wanted a copy of this cassette tape. And I had more fun doing it than I ever had with music before, so I stopped the pop music and went full-time into family music."

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TV watch list

THE CW



► Bethany Joy Galeotti and Chad Michael Murray star on "One Tree Hill."

'One Tree Hill'

DRAMA. How do we know things are really winding down over in Tree Hill? Because Chad Michael Murray makes his long-awaited return tonight as Lucas, who lends a hand to old pal Haley while Nathan makes an escape attempt. **8 p.m., The CW**

'Royal Pains'

DRAMA. Jack's illness is more than a medical problem Hank is unable to cure — it spells Jack's demise, a fate Hank is having a difficult time accepting. **Season finale, 10 p.m., USA** **AMBER RAY**

When a reporter becomes the headline

► **'CQ/CX,'** based on the Jayson Blair scandal, is a modern take on the old newsroom drama

The tale may be the stuff of tabloids, but it's the New York Times that dominates "CQ/CX" at the Peter Norton Space. "Inspired" by the true story of Jayson Blair, the Times reporter who resigned in 2003 because of charges of plagiarism and fabrication, "CQ/CX" follows the trajectory of Jay Bennett (Kobi Libii) from intern to staff reporter to grist of scandal.

Gabe McKinley's script builds nicely toward its inevitable climax, sharing glimpses of Jay's shortcomings without hitting us over the head with them. He populates the story with stock but complex newspaper types who avoid becoming stereotypes. Perhaps the most interesting is Times lifer Frank King (Larry Bryggman). A seasoned veteran, he sees the

end of his career is nigh and copes with a mixture of resignation, good nature and barely perceptible desperation.

Publisher Junior (David Pittu), whose family has owned the paper for decades, loves to pontificate about its legacy — which is amusing but can also be overdone. He appoints Hal Martin (Arliss Howard) as executive editor, who in turn appoints Gerald Haynes (Pe-

ter Jay Fernandez) as the first African-American managing editor. Things become racially charged as Haynes becomes Bennett's patron, since Bennett is also black.

Director David Leveaux paces the show beautifully, although occasionally it gets slowed down in exposition. Overall it's a satisfying, modern riff on the old-fashioned newsroom drama.

If you go

► **'CQ/CX'**
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► Kobi Libii, left, and Steve Rosen star in "CQ/CX," now playing at the Peter Norton Space.

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► Two top games for Sony's new portable system are hitting the market ► How they'll put the PS3 to shame

Sidescroller



LAWRENCE BONK

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Get ready to empty your already near desolate bank accounts. Sony's new portable system, the Vita, is finally here. It offers graphics and gameplay that just about rival current gen systems and, best of all, allows you to play on the toilet. Here are reviews of two stand-out launch titles.

'Hot Shots Golf: World Invitational'

Console: Playstation Vita

Company: Sony

Grade: 00000

This series is a weird mix. Aesthetically it's a loud, often cacophonous, hodgepodge of Japanese tomfoolery. Below all of that, though, lurks one of



the most realistic and fun golf sims on the market. This version could easily fool people into thinking it's for the PS3. It looks great, plays great and offers up robust Internet functionality. The controls alone are enough to make you swear off tablet and smartphone golf

games for life. It's a pleasure to plan and execute shots using real buttons with no worry of touch-screen accidents. The game's only downside is its steep difficulty. Even Sam Snead would have trouble getting a gold medal on the later stages.

Review

'Uncharted: Golden Abyss'

Console: Playstation Vita

Company: Sony

Grade: 00000

Can a portable version of Sony's biggest blockbuster franchise offer up the same cinematic thrills as its console counterpart? Well, just about. Using our comparo-tron super-computer we have ascertained that this new "Uncharted" is about 85 percent as awesome

as the PS3 versions. Still, 85 percent in the palm of your hand is pretty astounding.



What's right? Almost everything. The graphics are unreal and make you want to nudge the person next to you to check it out. The story and voice-acting are as great as you remember, sending Nathan Drake in search of a lost city of gold. Ditto for the gameplay. It's the same mix of action and puzzle-solving you know and love only, well, smaller. The game does lack some of the "holy crap" set-piece moments the series is known for, though.



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► How Christopher Kane, McQ and Acne sold us on fall's most ubiquitous color

Burgundy gets a lift

As far as colors go, burgundy is a pretty lackluster follow-up to all the pops of yellow we saw for spring. That age-old mix of red and brown brings to mind '80s corduroy, Avon lipstick and micro-suede couches sold at discount in suburban furniture warehouses — hardly something women would clamor to wear. Simply put, the maroon parade that marched its way through New York was kind of a letdown.

Then the London shows came along and things started to change. In Christopher Kane's hands, the shade became sexually charged, gothic and a little dangerous on his leather-trimmed dresses, padded coat and cigarette trousers. To be frank, Kane used a shade that more so resembled freshly drawn blood than living room curtains with a techy, moire fabric that changed tones as the models moved. And that's exactly what made it so memorable. The costume designers for "True Blood" should take note. Vampire Pam's closet could use an update.



Acne, meanwhile, gave burgundy a futuristic sheen in glossy leather pieces such as sleek trousers, a belted sculptural coat and full skirt. They looked subversive, directional and, yet, timeless. You could wear these without looking like you've succumbed to the trend of the season and pull them out a few years later and still look modern.

Most memorable, though, were Sarah Burton's sublime plays on texture at McQ. Burgundy looks best when done in rich, plush, touchable things and Burton exploited this to maximum effect. Take her V-neck dress made out of shaved mink on top and embroidered velvet on the bottom, accessorized with leather elbow-length gloves. It looked glamorous without reading old; it was romantic while still maintaining an edge — a world away from the suburban living room.

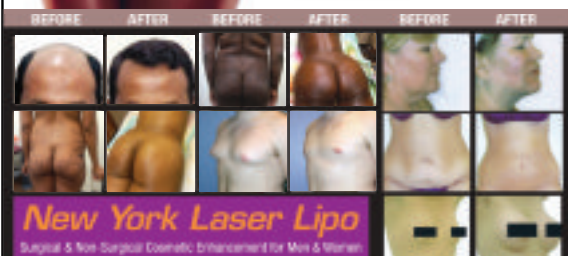
KENYA HUNT

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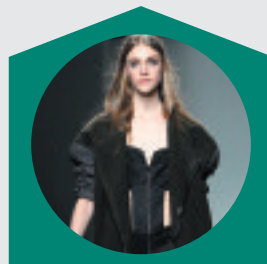
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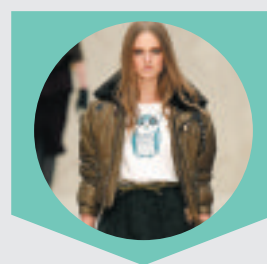
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Up and down list



Zipper embellishments

They're everywhere this season, popping up on jackets at Topshop Unique, trousers at Paul Smith and overcoats at Christopher Raeburn.



Burberry Prorsum's owl T-shirts

The T-shirt added an inexplicably girly element to an otherwise sophisticated show. Plus, isn't the cartoon owl Jason Wu's territory?

Spotted front row



1. Rosie Huntington-Whiteley at Burberry
2. Kate Bosworth at Burberry
3. Alexa Chung at Christopher Kane

What your mouth can tell you about your health



DIGITAL VISION

White teeth and fresh breath are a dental care bonus, but the real payoff of proper daily cleaning and dental checkups is healthy gums. Healthy gums equal healthy teeth and a whole lot more.

"Up to 80 percent of the population unknowingly has some form of gum disease," says Dr. Pankaj Singh, founder of NYC's Arch Dental Associates. "Gum disease causes little discomfort and produces few obvious symptoms in the early stages. But we consider gum disease a problem that can affect the whole body."

Indeed, gum disease — also known as gingivitis — is linked to increased risk for stroke, heart attack, preterm births, diabetes complications, Alzheimer's and dementia. "We must address gum disease as a serious, whole health concern," urges Dr. Singh.

Also, a thorough visual exam of the mouth guards

Fitness

Love your muscles at Crunch gym

Give it up for your muscles — they work superhard to keep you moving throughout the day. This month at Crunch, members and nonmembers alike are invited to take part in raising funds for the Muscular Dystrophy Association's Augie's Quest, which seeks to find a cure for ALS (Lou Gehrig's disease). Through February, for every

new membership purchased, Crunch will donate \$5 to the cause. If you sign up for a package of personal training sessions, \$10 will be donated. This Saturday, on Crunch's "Love Your Muscles Day," all locations will be open to the public, and there will be special classes and deals on personal training sessions — with all proceeds going to Augie's Quest. Visit www.loveyourmuscles.com to learn more. ● METRO/ME

against oral cancer. Warning signs of the disease include sores, blisters, white and red patches in the mouth or on the lips and bleeding in the mouth.

"Its probable cause is accumulative damage from such factors as tobacco, alcohol and

viral infections such as HPV," says Dr. Irwin Smigel, president of the American Society of Dental Aesthetics. And here's another reason to put out your cigarette: "Smoking kills the mouth's important tissue cells."

Dental dos and don'ts

Brushing basics

► Thorough brushing means using the right tools and the correct technique. Many dentists recommend electric toothbrushes, which clean teeth and gums without harsh scrubbing. "The right toothbrush can mean the difference between getting a thorough cleaning or damaging your enamel," advises Dr. Smigel, who developed the

Supersmile Advanced Sonic Pulse Toothbrush, which delivers 30,000 strokes per minute that clean and massage the gums, increasing blood supply. But the bottom line, advises Dr. Smigel, is brushing twice daily for a full two minutes each time without hard scrubbing. "Placing too much pressure on our teeth can wear away at the tooth enamel, which causes pain [and] sensitivity, as well as an increased risk of tooth decay." So be gentle!

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*How can I stop
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How did this
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The nose knows ... about nosebleeds!

Nosebleeds generally occur because there are injured or exposed blood vessels on the surface of the mucous lining of the nasal septum — the partition between your nostrils. A blunt injury to the nose, scratching an itch inside your nostril with a finger or dry inflamed mucous membranes due to cold weather or an upper respiratory infection are the most common causes of nosebleeds. Nosebleeds are not a result of high blood pressure, although the stress of a nosebleed may elevate blood pressure readings, especially in people who already have hypertension.

sue to get out any blood clots.

- Pinch the fleshy portion of your nose over the nostrils between your thumb and index finger constantly for seven to 10 minutes, while breathing through your mouth. This will usually stop the bleeding.
- In order to prevent re-bleeding, use an over-the-counter saline nasal spray to keep your nasal passages moist.
- If these home remedies are not effective or if you are on blood thinners, you should see an ENT doctor, or go to an urgent care center or emergency room.

What not to do:

- Don't insert a tissue into your nostril. Removing it will make you bleed again.
- Don't tilt your head back. This will allow the blood to drain into your throat, and swallowed blood will cause nausea and vomiting.
- Applying ice to your nose will not stop the bleeding, but may be useful in reducing swelling from a blunt injury to your nose.

— **Mark Melrose, DO**, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at askdrmark@metro.us.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

What to do:

- Blow your nose with a tis-

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Letters

letters@metro.us

Re: "New war? Debate could be final decider"

The article by Michael J. Frosch was refreshingly accurate and honest. There are few positives to going into an elective war against Iran, a nation that has never attacked the U.S. However, the U.S. has sponsored operations against Iran, such as Operation Ajax, which reinstalled the Shah of Iran over a people who didn't want him. Now the U.S. and Israel are poised to get involved in another needless war.

ROBERT TAYLOR, VIA E-MAIL

"If Israel strikes Iran, it will NOT be because of any nuclear threat. Follow the money!"

Any presidential candidate who believes it's okay to promote war on Iran, with as little information as we have today on the matter, has clearly failed to learn from history — history that has occurred this decade. If one can't even learn from recent history, how can we count on them to not repeat failures? COLLIN, VIA E-MAIL

Michael Frosch is to be commended for having the courage to write, and Metro for printing, his excellent opinion piece about mainstream media and pro-war propaganda. Our famous news sources have a lot to answer for in the lies they print and broadcast about U.S. wars and their slavish obedience to the military-industrial complex.

PAUL SIEMERING, VIA E-MAIL

Ah, finally a politics section that is free from the hodgepodge of bipartisan bickering and chock full of eloquently presented facts that are topical and concise. The political writing of Michael J. Frosch is truly a breath of fresh air.

HANS HAUGEN, ASTORIA

It is astounding how much one can turn the other cheek with Iran. Michael says that war with Iran is a terrible idea, that we don't know their nuclear program intentions and they had nothing to do with the bombings targeting Israeli diplomats. What he doesn't say is that Iranians were arrested for these attacks trying to flee India, and that Indian leadership is trying to save its energy ties with Iran — while making sure not to upset its

strategic alliance with Israel. That is why they report the bombings weren't done by Iran. NOAM INSLER, VIA E-MAIL

I am not a war hawk, but must correct guest columnist Michael Frosch who wrote that there is no evidence of Iran behind bombings around the world but only "speculative accusations of Israeli officials, who have blamed three recent bombings in Georgia, Thailand and India on Iran." Frosch fails to mention the suicide bomber in Thailand and his accomplice who was caught at the airport also had Iranian passports. Check it out. A.J. MIKOFSKY, MANHATTAN

Michael J. Frosch denounces the "apocalyptic priapism" (whatever that is) of Santorum, Romney and Gingrich. The same day we have an Associated Press report from Azerbaijan detailing Iranian skullduggery there — and in places as far away as Thailand. Great timing!

SEAN O'ROURKE, VIA E-MAIL

Horoscope

♊ Pisces Feb. 20-March 20. Although it will be easy for you to get along with most people, you can still expect cross words to come out of your mouth if a nasty person ticks you off. Avoid such types if you can. ♈ Aries March 21-April 19. If you expect friends or family to do things for you that you can easily do for yourself, you're going to be severely disappointed. You had better be ready to go it alone.

♉ Taurus April 20-May 20. Even if you're sure of yourself, it isn't smart to forcibly impose your beliefs on others. You might win the argument but alienate your pals in the process.

♊ Gemini May 21-June 20. Although you may be able to see some changes that would clearly benefit your family, your kinkfolk may not be prepared to make them.

♋ Cancer June 21-July 22. Even if another has better ideas, you may not be easily convinced. Make sure that you're not putting the kibosh on something cool just because your pride is wounded.

♌ Leo July 23-Aug. 22. Your conclusions regarding how others should be managing their affairs will be right on the money, yet when it comes to your own bailiwick, you'll suddenly go blank.

♍ Virgo Aug. 23-Sept. 22. Avoid incli-

nations to treat simple situations in a heavy-handed manner. If you take yourself or events too seriously, you are likely to just make yourself sick.

♎ Libra Sept. 23-Oct. 23. Attend to tasks that require know-how and concentration as early in the day as possible, while you're fresh and alert. As time ticks on, your temperament and talents could lose their cutting edge.

♏ Scorpio Oct. 24-Nov. 22. Socializing and being with friends will be fun, provided the time spent with them is of short duration. Unfortunately, your social graces might not have much staying power.

♐ Sagittarius Nov. 23-Dec. 21. Because your temper might have a short fuse right now, you could bring woe to those who cross you and make you angry. Sadly, the probabilities of you misinterpreting others' intentions will be high.

♑ Capricorn Dec. 22-Jan. 19. Have the courage of your convictions, because if you don't, a know-it-all might try to intimidate you by discounting your ideas in front of others.

♒ Aquarius Jan. 20-Feb. 19. Instead of applying incoming funds to new endeavors or merchandise that you've had your eye on, it would be a whole lot smarter to pay off some of your old debts first.

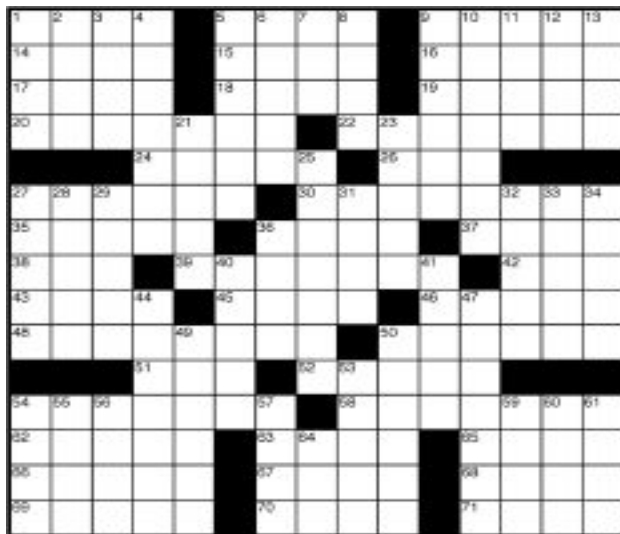
BERNICE BEDE OSOL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Across

- 1 Put on display
- 5 Fritz's missus
- 9 Hunks' dates?
- 14 Cigar producer
- 15 They accompany aahs
- 16 Basketball venue
- 17 Improves, as wine
- 18 Kind of hog
- 19 Tree-age evidence
- 20 Beats
- 22 In ___ (overdue)
- 24 Vaquero's rope
- 26 Chinese dynasty
- 27 Agreement
- 30 Dogs with beards (2 wds.)
- 35 Exercise, as power
- 36 Wingspread
- 37 Inoculants
- 38 Collection of tales
- 39 Found seats
- 42 Consumer protection org.
- 43 Rajah's consort
- 45 Wish me ___!
- 46 Bucolic
- 48 Leave a horse
- 50 Compassionate
- 51 Opposite of post
- 52 Crush grapes
- 54 Global specks
- 58 Worked fast
- 62 Goddess of the hunt
- 63 Alcott and Tan
- 65 Limerick locale
- 66 Snowy-white bird
- 67 ___ as you are
- 68 She, in Cherbourg
- 69 Place for a spat
- 70 Flower product
- 71 Russian veto word
- Down**
- 1 "Lion King" villain
- 2 Hefner or Downs
- 3 Comply with a command
- 4 Resource squanderer
- 5 Layout of a publication
- 6 Perch
- 7 Just as I thought!
- 8 Beef-rating org.
- 9 Ms. Fawcett
- 10 Familiarizes
- 11 Warrior princess
- 12 RR employee
- 13 Get fresh
- 21 Ashram dweller
- 23 Bonn's river
- 25 Viewpoints
- 27 Prize
- 28 Red Sea peninsula
- 29 Connery and Lennon
- 31 Pay attention
- 32 Striped animal
- 33 Cosmopolitan
- 34 Pricey fur
- 36 Ignore pointedly
- 40 Fishtailed
- 41 Oil barrels
- 44 Form a jury
- 47 Lots
- 49 Elaborately decorated
- 50 Gave lodging
- 53 Kitchen herb
- 54 Suggestion
- 55 Indication
- 56 Carefree escapade
- 57 Marsupial pockets
- 59 Fragrant blossom
- 60 Whodunit name
- 61 Bug repellent
- 64 Curly's friend



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	6		9		8		3
5				7			
8						4	
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		4		1	2		5
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SUDOKU LEVEL: EASY

1		9	7			6	
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9	5					2	7
	7				4	8	
3	9						
5	6	7	2				
		1			9	7	2

SUDOKU LEVEL: HARD

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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HEALTHY



A SPECIAL SECTION FOR METRO

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"I HAD A HEART ATTACK"

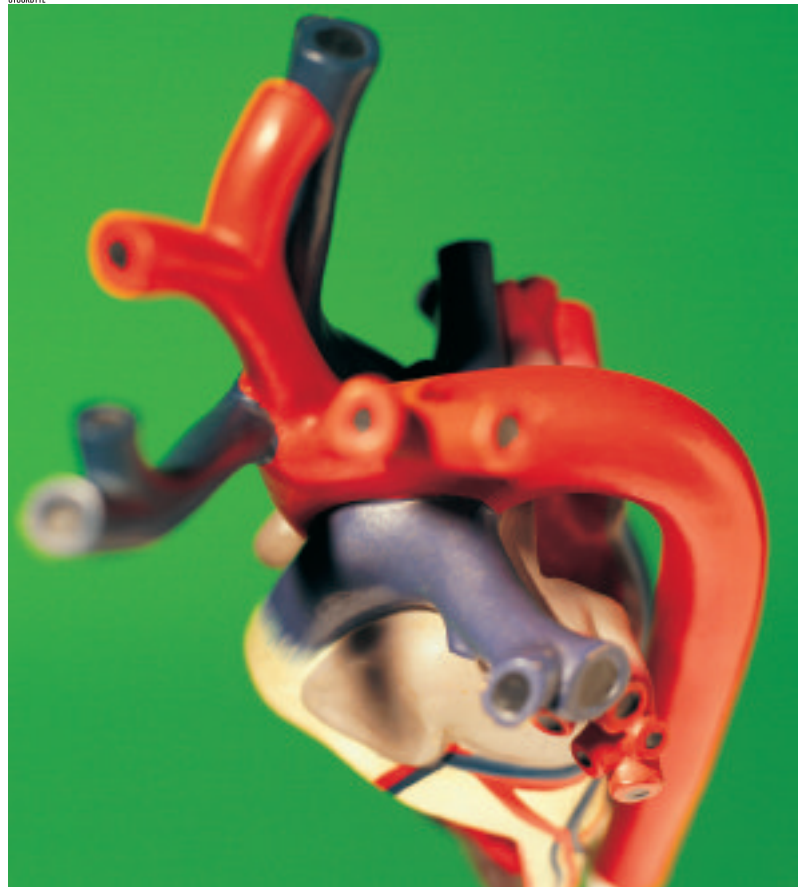
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CAN YOU REVERSE HEART DISEASE?

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HOW & WHY THE HEART WORKS

STOCKBYTE



The heart is nothing short of astounding. With every beat, it sends blood pulsing throughout the body, delivering the nutrients and oxygen that every single cell needs for its life and function. It's a tall order — no wonder heart health is so important.

"The heart has three components: There's the pump, the electrical and the plumbing," explains Dr. Reena Pande, a cardiologist at Brigham and Women's Hospital in Boston. "I often refer to myself as a general contractor," she jokes.

The electrics keep the heart beating via cells that send signals that maintain a steady pace of 60 to 100 beats per minute. At night and during rest, the heart slows down, allowing blood pressure to lower. Sometimes it receives signals, such as the release of adrenaline, to speed up. A sustained increase creates high blood pressure. But it's the plumbing, the basic structure of arteries, that's often the focus of heart health, or ill health.

"When the plumbing gets clogged the delivery of nutrients and oxygen is impeded," says Dr. Pande. "That's arteriosclerosis. It happens early in life; often in our 20s plaque forms. I hate to say it, but with our modern diet and lack of activity, it's happening earlier these days, often in teens. Changing habits early is essential to keep this amazing organ healthy."

Generally, we give our car engines more care and respect than our 24/7 internal pump. The do's and don'ts are clear: Do eat healthy, exercise and reduce stress. Don't smoke! And don't ignore warning signs such as heaviness or a burning sensation in the chest, a feeling of indigestion, shortness of breath or sweating. "Any pain or symptom warrants action," says Dr. Pande. "If there's an abrupt onset of severe pain, it's best to not take chances — go to the ER. But with any pain or worry, it's worth touching base with a physician and getting checked out. Pain is the body telling us something is wrong. Don't ignore it."

WHY PREVENTION IS THE BEST MEDICINE



The figures are alarming: Heart disease is the nation's number one killer for both men and women.

If ever there was a reason to put the old adage about prevention being better than cure into action, then this is it. We read and hear about how to maintain a healthy heart time and again: Establish good eating habits, exercise regularly, reduce stress and quit smoking. But the first step is getting people to drop that head-in-the-sand attitude and stop ignoring the risk factors.

"Eighty to 90 percent of heart disease is preventable. A lot of people miss that message," says Martha Grogan, M.D., the medical editor of Mayo Clinic's new book "Healthy Heart For Life!" "Knowledge is key, but not if it's not put into action. You need to make lifestyle changes."

Those changes don't have to be about denial and suffering, though.

"If you don't enjoy any lifestyle, you won't stick to it," she adds. "You do have to have some self-discipline, but don't worry about what you can't have. Find the vegetables and fruits that you like. You can have that piece of chocolate cake; just don't have a gigantic piece. Rigid diets don't work — people don't stick to them."

And you don't even have to book it to the gym to get your blood pumping. Dr. Grogan advises: "Choose an activity that you like. Gardening, or dancing [for example]. My husband likes to wash and wax the car and that's a real workout. Just get moving."

The biggest excuse is not having time. "It's not an all-or-nothing thing," she says. "You can commit to ten minutes of exercise, even just walking. But do it everyday."

"CHANGING HABITS EARLY IS ESSENTIAL TO KEEP THIS AMAZING ORGAN HEALTHY."

- DR. REENA PANDE, CARDIOLOGIST AT BRIGHAM AND WOMEN'S HOSPITAL IN BOSTON

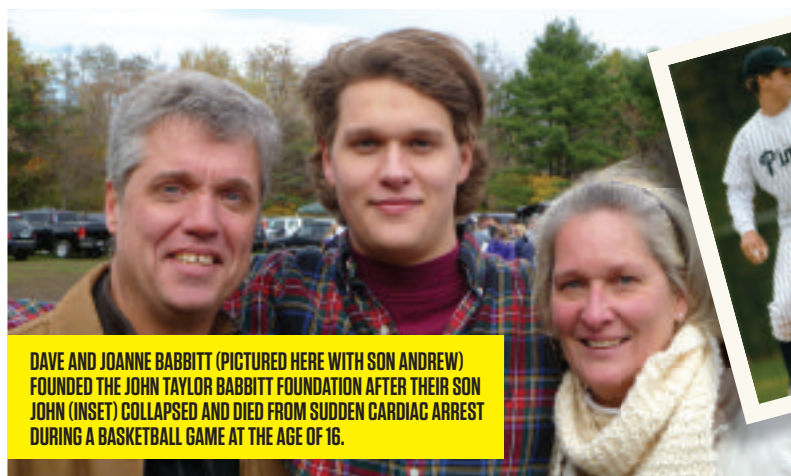
SUDDEN CARDIAC DEATH

What is it?
Why does it happen?

Technology saves lives

AUTOMATED EXTERNAL DEFIBRILLATORS SAVE LIVES, BUT PEOPLE ARE OFTEN RELUCTANT TO USE ONE BECAUSE OF CIVIL SUIT IF SOMETHING GOES WRONG. PEOPLE LIKE JOANNE BABBITT, VICE PRESIDENT OF THE JOHN TAYLOR BABBITT FOUNDATION, SUPPORT AED GOOD SAMARITAN BILLS EXONERATING AED USE FROM CIVIL LIABILITY WHEN ATTEMPTS ARE MADE TO SAVE SOMEONE'S LIFE. LAWS DIFFER FROM STATE TO STATE, BUT MOST REQUIRE AN AMERICAN HEART ASSOCIATION OR AMERICAN RED CROSS TRAINING CERTIFICATE IN CPR/AED FOR AED OPERATORS.

"OVER THE YEARS, THE TECHNOLOGY HAS CHANGED TREMENDOUSLY AND THESE UNITS ARE NOW DESIGNED TO NOT ISSUE A SHOCK UNLESS A VICTIM NEEDS IT," SAYS BABBITT. "STUDIES HAVE SHOWN THAT A SIXTH GRADER WITH NO TRAINING CAN SUCCESSFULLY USE AN AED TO SAVE A LIFE. TIME IS OF THE ESSENCE. WAITING FOR EMERGENCY SERVICES TO ARRIVE IS OFTEN TOO LATE."



DAVE AND JOANNE BABBITT (PICTURED HERE WITH SON ANDREW) FOUNDED THE JOHN TAYLOR BABBITT FOUNDATION AFTER THEIR SON JOHN (INSET) COLLAPSED AND DIED FROM SUDDEN CARDIAC ARREST DURING A BASKETBALL GAME AT THE AGE OF 16.

Sudden cardiac death sounds scary, and it is. Despite its title, though, it isn't instantly fatal. Sudden cardiac death means the heart has died, not the person. But if help isn't at hand immediately, then death follows quickly.

"When a heart has stopped beating —

that is, it's in a terminal heart rhythm — there's a certain window to act," says Dr. Alan Gertler, an associate professor of medicine in University of Alabama at Birmingham's Division of Cardiovascular Disease. "After six to eight minutes, survival starts getting more remote."

Sudden cardiac death, or cardiac arrest, doesn't happen out of the blue, either. Heart disease is a common cause, but it's often a result of congenital factors, such as Marfan syndrome, a connective tissue disorder that includes heart valve problems, or hypertrophic cardiomyopathy, which is a thickening of the heart muscle that leads to rhythm problems. Stimulants such as cocaine can send the heart into spasm and produce cardiac arrest, too. The oddest thing about sudden cardiac death is that it often happens to young athletes who seem in the peak of good health.

"We really need to screen athletes prior to rigorous training," says Dr. Gertler. "An echocardiogram is the most thorough way, but it's not practical because of cost. Athletes should have an EKG and a thorough check-up, including looking at family history."

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NYC HEALTH TRANSFORMATIONS

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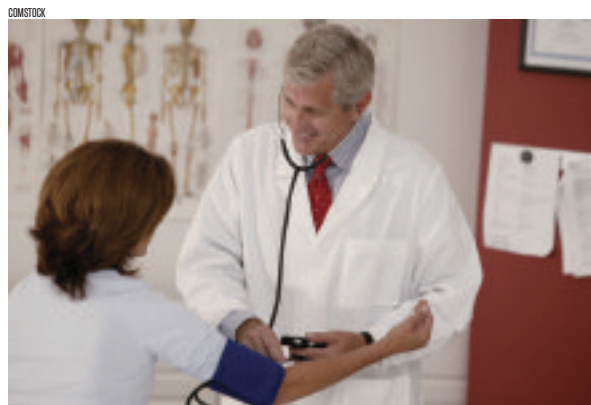
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HEART DISEASE: NOT JUST A GUY THING

If there are two words that strike fear in women's minds, it's breast cancer — but yet, heart disease kills more women in the U.S. than all cancers combined. It's a startling fact that Malissa Wood, MD, co-director of the Corrigan Women's Heart Health Program at Massachusetts General Hospital and author of "Smart At Heart," wants women to, well, take to heart.

"I understand how women fear those words — I'm a breast cancer survivor," she says. "But women need to recognize that they're particularly vulnerable to heart disease. Women get the short end of the stick when it comes to heart care."

While men and women share risk factors like smoking, stress, lack of exercise and poor diet, Dr. Wood says women's basic nature as caregivers increases their stress load.



HEART DISEASE SYMPTOMS FOR WOMEN:

PAIN IN THE JAW, NECK OR BACK • FATIGUE • SHORTNESS OF BREATH

-DR. MALISSA WOOD

"Fifty years ago families lived closer together. Grandparents helped with the kids, often mom didn't work and life was simpler. Stress feeds into everything. It leads to overeating, smoking more. Reduce [your] stress," she advises.

Heart disease isn't sexist, but with men, it affects the main arteries more. With women, arteriosclerosis occurs more in the smaller blood vessels. Of course, women still get artery blockage and full-blown cardiac arrest and the intense pain that goes along with it.

But outside of such an emergency event, symptoms can be subtler and women often experience continuing jaw, neck or back pain, fatigue and shortness of breath as warning signs of arteriosclerosis.

"Overall the figures for fatal heart attacks are decreasing, but it's not decreasing as rapidly for women as it is men," says Dr. Wood. "There's a perception that women's risk is less. It's a knowledge gap we're trying to close."

TAKE ACTION

"Women try to take care of everything and do everything, but often don't care for themselves," says Dr. Wood. She's not the only one who's concerned. Sister to Sister and Brigham and Women's Hospital's free online cardiovascular wellness program, Smart for the Heart, helps women identify and manage their risk for heart disease. Check it out at www.smartfortheheart.org.

4 fab foods that lower cholesterol

by Joy Bauer, MS, RD

These four delicious foods can help drive down your cholesterol numbers — and unlike some medications, their only side effect is a satisfied stomach.

LENTILS Lentils are a good source of soluble fiber, a special type of fiber that plays a key role in cholesterol reduction. Soluble fiber forms a gummy mass in the gut, which binds up cholesterol and helps to block its absorption by the body. By playing interference, foods rich in soluble fiber help to decrease levels of LDL cholesterol (the "bad" cholesterol). Enjoy a hearty bowl of lentil soup for lunch, or simmer some lentils in low-sodium broth with chopped veggies and seasonings for a simple side dish.

ORANGES Oranges are rich in pectin, the stuff that makes jams and jellies gel. Like other forms of soluble fiber, pectin forms a gooey mass in your gut, trapping cholesterol and ferrying it out of your body before it can clog your arteries and compromise your health. One medium orange provides 2 to 3 grams of soluble fiber, as well as other beneficial nutrients such as vitamin C, folate and potassium. You have to eat

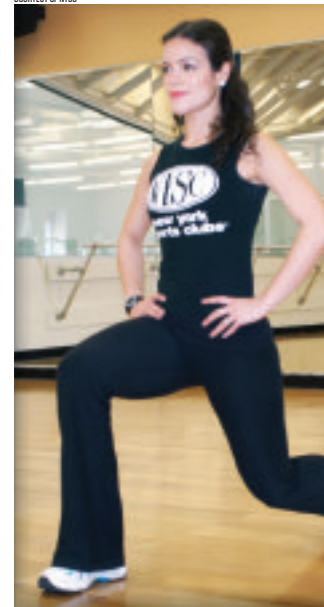
whole oranges to benefit from their fiber, so put your juicer aside.

SARDINES Sardines are rich in omega-3 fatty acids, which can significantly reduce blood levels of artery-clogging triglycerides. I'm convinced that most people who turn up their noses at the mere mention of sardines haven't actually tried them. If that's you, consider my uncle's favorite sandwich: two pieces of chewy whole-grain bread spread with low-fat mayo and topped with a couple of canned sardines, a slice of tomato and fresh basil leaves.

PISTACHIO NUTS These little powerhouses are a great source of phytosterols, natural plant compounds that block absorption of dietary cholesterol. They're also rich in monounsaturated fat, fiber and antioxidants — all of which are good for heart health. I prefer eating pistachios in the shell because it forces me to go slowly and prevents me from overdoing these healthy but caloric treats.

For more smart information on lowering cholesterol and boosting heart health, visit www.joybauer.com.

COURTESY OF NYSC



An EXERCISE ROUTINE for HEART HEALTH

1

STEP UPS Standing behind a 15-inch platform or step, place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right leg before switching to the left leg. Continue alternating step-ups for three sets of 30-second intervals.

2

MOUNTAIN CLIMBERS Place hands on floor, slightly wider than shoulder width. Position one leg forward bent under your body and extend other leg back. While holding your upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under your body, landing on both forefeet simultaneously. Continue for three sets of 30-second intervals.

3

ALTERNATING LUNGES Placing hands on your hips with feet about hip-width apart, step out into a lunge with one foot. Drop your back knee down until it's about three inches from the ground. Your front knee should not extend over your toes. Keep your back as straight as possible. Come back up to standing and alternate legs. Continue for three sets of 30-second intervals.

4

JUMP ROPE Be sure to choose a rope appropriate to your size by folding the rope in half and having it reach from the floor to just below your shoulder. Skip rope for three sets of 30-second intervals.

IT ISN'T JUST ADDED SOCIAL STRESS AND SNOW SHOVELING THAT INCREASES THE INCIDENCE OF HEART ATTACK IN THE WINTER BY TEN PERCENT — ABOUT A THIRD OF WHICH ARE FATAL — IT'S SIMPLY ABOUT MECHANICS.

BREATHING IN COLD AIR CAUSES ARTERIES TO CONSTRICT TO RETAIN HEAT AND MAINTAIN THE BODY'S CORE TEMPERATURE. THE ARTERY WALL CAN GO INTO SPASMS THAT, FOR ANYONE WITH COMPROMISED ARTERIES, CAN RUPTURE FAT OR PLAQUE BUILD-UP ON THE ARTERIAL WALL. THIS RUPTURE IN TURN FORMS A CLOT — COLD WEATHER ALSO INCREASES BLOOD'S COAGULA ABILITY — AND DISRUPTS HEART ACTION.

"ANYONE WHO GOES FROM BEING USUALLY SEDENTARY TO RIGOROUS ACTIVITY LIKE SNOW SHOVELING IS ALREADY AT RISK, AND BREATHING IN COLD AIR INCREASES THAT," SAYS CALIFORNIA-BASED CARDIOLOGIST DR. RAMIN MANSHADI, AUTHOR OF "THE WISDOM OF

HEART HEALTH: ATTAINING A HEALTHY AND ROBUST HEART IN TODAY'S MODERN WORLD."

FATALITIES OCCUR OFTEN WHEN PAIN DURING OR AFTER SHOVELING IS PRESUMED TO BE A PULLED MUSCLE. BUT IT'S BETTER TO BE SAFE THAN SORRY:

"DON'T IGNORE A PAIN," SAYS DR. MANSHADI. "IT CAN BE A SIGNIFICANT HEART ATTACK."

DURING WINTER, INFECTIONS SUCH AS THE FLU OR PNEUMONIA CAUSE EXTRA STRESS ON THE BODY AND CAN RESULT IN EXCESSIVE INFLAMMATION, ADDING MORE STRESS ON THE HEART.

AS WE (PERHAPS) COME TO THE END OF SHOVELING SEASON AND

WHY HEART ATTACKS HAPPEN MORE IN THE WINTER

THE AIR GETS WARMER, THE RISK LESSENS. BUT NOW IS THE TIME TO TAKE ACTION FOR YOUR HEALTH.

"GET IN TUNE NOW," SAYS DR. MANSHADI. "DON'T JUMP IN — START EXERCISING SLOWLY AND LISTEN TO YOUR BODY. MAINTAIN YOUR IDEAL WEIGHT AND WHETHER IT'S WINTER OR SUMMER, DON'T EMBARK ON ANY STRESSFUL EXERCISE IF YOU AREN'T USED TO IT."

Cardiac deaths peak in January. The first line of defense is education and common sense. *"Know your risk. Get checked out. Get a detailed exam and find out whether you are at risk. If you are, don't shovel snow,"* Dr. Manshadi advises. *"But even if you aren't at risk, in winter wear layers of clothing to maintain a core temperature."*

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WHEN IS IT JUST CHEST PAIN *and when should you* GO TO THE ER?

by *Mark Melrose*, DO, FACEP, URGENT CARE MANHATTAN

DIGITAL VISION



Chest Pain: These two words instantly conjure up the question “Heart Attack?” to anyone who has ever experienced an unfamiliar sensation of discomfort anywhere near their heart. How do you know if your chest pain needs to be evaluated by a doctor “stat,” or if the source of your discomfort is something more benign, like a pulled muscle in your chest wall, or acid reflux in the esophagus?

First, a few words about how the body experiences pain. While the pain from musculoskeletal conditions like a pulled muscle or broken rib is usually localizable to a specific source (somatic pain), the perception and origin of pain we experience from internal organs and supporting structures (visceral pain) is often more vague. This is what makes the diagnosis of a heart attack, or not, so challenging for patients and physicians alike.

A good history of the pain should be considered when wondering if your chest pain requires immediate evaluation.

What to take note of:

Quality of pain: *Burning, pressure, sharp, squeezing*

Frequency / Duration: *How often and how long does it last?*

Onset: *When did it start and what were you doing?*

Radiation: *Does the pain go to your neck, jaw, right arm or left arm?*

Associated activity: *Exertion, deep breaths, after a heavy meal*

What makes it better or worse: *Position, breathing, movement, rest?*

Associated symptoms: *Nausea, fatigue, cold sweat, palpitations*

These factors are all helpful in determining a cardiovascular source of the pain, as opposed to a more benign gastrointestinal or musculoskeletal etiology. Pain that is sharp, fleeting, lasts a few seconds, is easily reproducible, non-radiating or gets better or worse with position is less likely to be cardiac. A heavy pressure or burning

sensation, accompanied by fatigue and breathlessness, radiating to the neck or left arm, with a cold sweat, associated with exertion and lasting more than two to three minutes, is more ominous and should be evaluated by a physician immediately.

The risk factors for cardiovascular disease — high blood pressure, diabetes, high cholesterol, smoking and a family history of heart disease — also need to be considered, as these make a heart attack more likely, especially with age over 40.

Uncertainty about the source of new chest discomfort is best discussed with your physician. The American Heart Association says: “Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don’t wait more than five minutes to call 9-1-1 or your emergency response number.” While no one wants to incur the inconvenience and expense of a visit to the ER, it is always better to be safe than sorry.

Why taking care of your **WHOLE BODY** is important

We know that it’s important to keep your body in shape to lessen your risk of heart disease, but treating yourself right goes far beyond this bit of advice. Long before arteriosclerosis develops, plaque build-up starts in some surprising places. Take, for instance, the proven link between gum disease and heart disease.

“Unhealthy gums lead to a buildup of damaging C-reactive protein, which can trigger arterial plaque,” says periodontist Dr. Baruch Tetri, head of Manhattan’s Periodontics & Implant Surgery.

Dr. Tetri explains how anaerobic bacteria, which thrives without oxygen, grows below the gum line: “As it dies, it forms a layer on which more bacteria grows and dies, eventually creating a biofilm,” he says. The biofilm is the plaque removed at the dentist’s office.

“Inflammation happens first, then it’s a chain reaction,” Dr. Tetri says. Inflammation leads to bone and tooth structure erosion, deepening the gum pockets and thus allowing more plaque to develop and envelop more blood vessels.

“Periodontal disease plays a major role in the treating diabetes and diabetes is one of triggers of heart disease,” warns Dr. Tetri. “This is why it’s so important that dentists check gum pocket depth and do deep cleaning to rectify any build up of anaerobic bacteria.”

And men, listen up: Erectile dysfunction can be a symptom of something going on higher up on your body.

“Most men don’t like to talk about erectile dysfunction, but they need to,” says Dr. Deepak Kapoor, President of Advanced Urology Centers of New York. “It could be a warning sign of cardiovascular disease.”

The tiny blood vessels in the penis can be blocked by plaque build-up sooner than the heart’s larger arteries.

“You might be years away from heart disease, but take it as a signal and get in shape,” advises Dr. Kapoor. “Not having an erection is a death blow to most men, but ignoring symptoms could literally mean that later in life.”

General heart disease prevention methods apply to ED caused by plaque build-up; for gums, prevention differs. “Nothing prevents it in terms of food,” says Dr. Tetri. “Antibiotics don’t help. Vitamin C is great for healing inflammation and for production of collagen to keep blood vessels healthy. Avoid over-the-counter mouthwashes that are high in alcohol. Alcohol irritates the soft tissue. I recommend homemade mouthwashes made with baking soda, salt and a little iodine.”

"At 41, I was a busy woman. I had a husband and children at home and a high-pressure job in Manhattan. The last thing I expected was a heart attack. When it came, it completely blindsided me.

As it turns out, I was a heart attack waiting to happen. I have a family history of heart disease and low levels of HDL, the "good" cholesterol. And, of course, plenty of job stress.

Unfortunately, my doctor never mentioned my heart risks and since I didn't smoke and was taking cholesterol medication, I thought I was home free. I was deluding myself.

The heart attack wasn't one of those dramatic episodes with crushing pain in my chest. What I felt was overwhelming nausea and cold sweats, which I recognized only because it's exactly what happened when my aunt had her heart attack years before me.

I woke my husband and told him that I thought I was having a heart attack. He thought I had lost my mind, but called 911 anyway. When the paramedics arrived, they hooked me up to an EKG and saw immediately that I was "flipping T-waves," or, in other words, having a heart attack.

That was 16 years ago.

When I came home from the hospital, I went through a period of anxiety, which is common after a heart attack. I was afraid to go out, afraid to climb stairs, afraid to go to work.

My family was completely supportive. My mother, now 85, rode

the subway to work with me that first day back. My husband did the cooking and household chores. We changed the way we eat, choosing healthier foods and cooking methods. My doctor put me on an aspirin regimen. I started exercising every day – and still do. I learned to make easy changes, like getting off the subway a stop before my destination to get in a few extra steps each day.

As I gained a greater sense of control over my life, I realized that by making the call to 911 and living a healthier lifestyle, I was a survivor. Soon, I connected with WomenHeart, the National Coalition for Women with Heart Disease, which provides support and important information for women living with heart disease. With training, I became a "champion," and I speak publicly to raise awareness that heart disease is not just for old men. It can be a young woman's disease, too.

There are 42 million women in this country living with or at risk for heart disease. February is Heart Month, and one way women and their families can help cut their risk is by taking the ProHeart Pledge on Facebook (www.facebook.com/iamproheart) and committing to living a heart-healthy life. For each pledge, Bayer will make a \$1 donation, up to a total of \$100,000, to WomenHeart. The ProHeart Pledge is a great first step on the road to becoming a heart health advocate and living ProHeart."

To learn more about free support services and why heart disease is the leading health threat for women, visit www.womenheart.org.

"I HAD A HEART ATTACK"

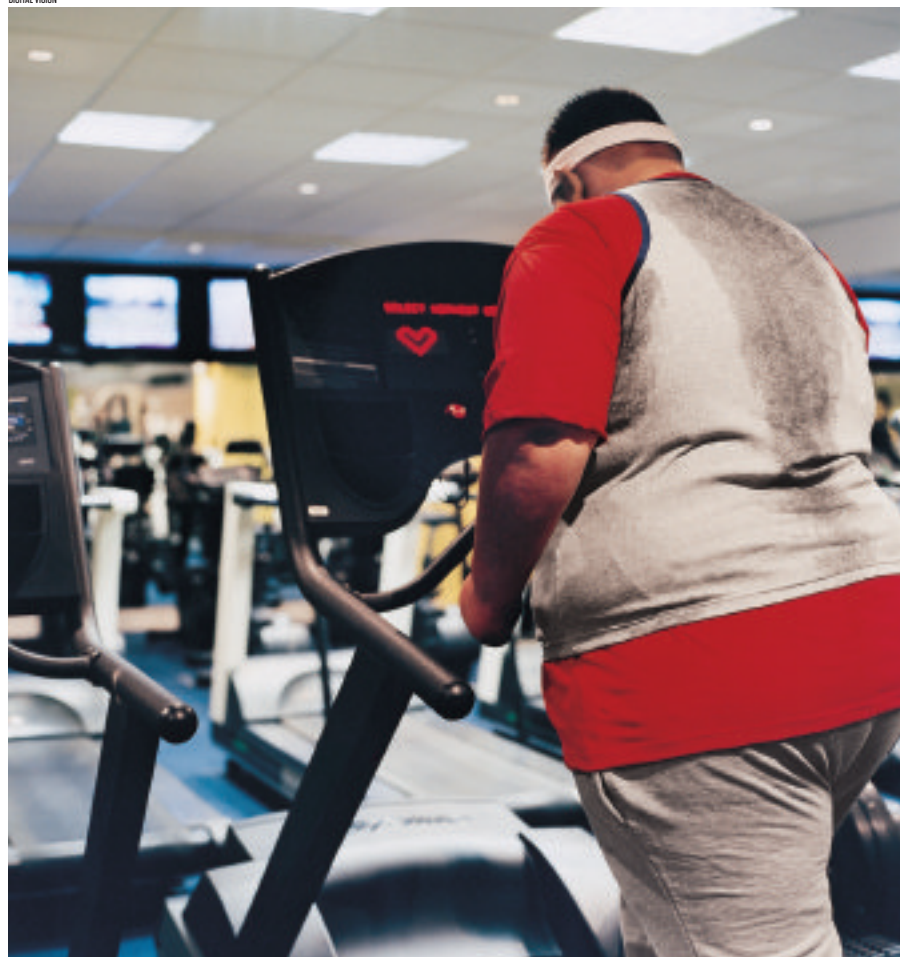
Maxine Levy was just your average woman working in New York when the unthinkable happened. Here, she shares her story.

"THE HEART ATTACK WASN'T ONE OF THOSE DRAMATIC EPISODES WITH CRUSHING PAIN IN MY CHEST. WHAT I FELT WAS OVERWHELMING NAUSEA AND COLD SWEATS..."



MAXINE LEVY (LEFT) AND HER MOTHER, SHIRLEY

DIGITAL VISION



REVERSING THE EFFECTS OF HEART DISEASE THROUGH LIFESTYLE CHANGE

The body's remarkable power to rejuvenate means that if caught early enough and given the right conditions, it can overcome organ degeneration such as non-congenital cardiovascular disease.

"Lifestyle modification can halt and even reverse arteriosclerosis," reports Dr. Herbert A. Insel, senior cardiologist at preventive health practice EHE International and an instructor at New York University School of Medicine.

Yes, that's right: Healing is in your hands. Daily eating and exercise habits, as well as your attitude and outlook, are the remedies for both stable plaque (which restricts blood flow without immediate danger) and the more dangerous unstable plaque (which easily ruptures and causes blockage and cardiac arrest). The first step in reversing plaque is to face the facts.

"There are four elements and all are equally important: a good quality diet, portion control, aerobic exercise and mental wellbeing,"

Dr. Insel says. "Stress is as dangerous as any other component. Acute stress causes changes in the body; chronic stress causes plaque build-up. Find a healthy way to release stress. I like to do my exercise routine at night to music, or in front of the TV. Do it in your own way, but do it everyday."

Heart disease doesn't happen overnight and there's no instant fix to halt its progression or reverse it. The road to recovery starts with daily choices to avoid risk factors. "I'll take someone switching to a healthy diet, even if they still remain overweight," says Dr. Insel. "It's a start in the right direction, it's progression. Do it at a pace that is comfortable so you don't fall off the wagon."

Indeed, the benefits of sticking with the program are worthwhile.

"Reduce any one risk factor and you lessen cardiovascular disease by 20-30 percent," says Dr. Insel. "Modify all and the figure is an 80-90 percent reduction in future adverse heart conditions."

**Acute stress causes changes in the body;
chronic stress causes plaque build-up.
Find a healthy way to release stress ...
Do it in your own way, but do it everyday.**

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Mets, Collins optimistic about Santana

Hold your breath, cross your fingers and start knocking on wood, Mets fans. You finally have some good news.

Ace lefty Johan Santana threw a bullpen session for the second time this week yesterday and said he felt great afterward.

What's more, manager Ter-

ry Collins said his No. 1 starter appears right on track to start Opening Day.

"In my mind right now, in my heart, he will be ready," Collins told reporters in Port St. Lucie during his first spring training press conference. "I don't think there is any question. He is gearing himself up



► Santana

to be ready."

Santana missed all of the 2011 season after having rotator cuff surgery following the 2010 season. He has slowly been building back strength in his left shoulder during the offseason.

"It's been a tough time, a lot of challenges out there,"

Santana told reporters yesterday. "I'm not trying to hurry anything. I'm just going to go one step at a time. If it's there, great. If it's not, I'll work my way up."

Collins said he hopes to get 25 to 28 starts out of Santana this season. He made 29 starts in 2010. ● METRO

3



► Can Jeremy Lin and Carmelo Anthony, right, get on the same page fast enough to turn the Knicks into a contender?

Coming together

► Lin, Carmelo didn't look on same page in first start ► But then again no one did ► Hawks game is a big test for team still trying to find itself

The return of key players to the rotation, including Carmelo Anthony and Baron Davis, and the acquisition of J.R. Smith, has given head coach Mike D'Antoni a problem.

For the first time all season, the Knicks can go at least 10 deep. The task at hand for D'Antoni is to massage egos and judiciously manage minutes, while trying to get a team to jell in this truncated season.

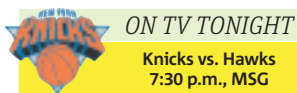
"Like coach said, there's going to be a little bit of adjustment time," said point guard

Jeremy Lin. "There's things we need to sort out, things to talk about [and] find out where we

Wounded Hawk

Atlanta shooting guard Joe Johnson will not play against the Knicks tonight due to a knee injury.

► Johnson leads the Hawks with 17.6 points per game. He's also tops in minutes.



want to go from here. [Monday night] was day one and obviously we're not happy with day one, but sometimes you have to go through tough times as a team."

The alternative could be worse, D'Antoni pointed out, because just a month ago the Knicks were a team in a rut with no leadership at the all-

important point guard position and two superstars who were still trying to feel each other out.

"We won't change things too much from what we've done over the years," D'Antoni said. "I think this will be sustainable and [in turn] the mood has changed here for the better. ... It's good to know we go into every game thinking we're going to win."

TONY WILLIAMS
sports@metro.us

Lin says sorry to Humphries

Jeremy Lin does it all for the Knicks, even public relations.

Nets forward Kris Humphries, former 72-day husband of Kim Kardashian, told ESPN Radio yesterday that Lin sought him out in the tunnel after the game and apologized on behalf of the fans for all the booing Humphries received during the game.

"He just said, 'Hey, I don't know why they boo you, but I think it's crap, and you're playing really well,'" Humphries said.

Apparently Lin is not a purveyor of E!'s "Keeping Up with the Kardashians." ● METRO

In the news

Sox add pitcher

The Red Sox and Cubs finally worked out compensation for general manager Theo Epstein's hiring this offseason.

The Sox will receive relief pitcher Chris Carpenter — not the Cardinals' pitcher though they have the same middle name also — in return for Epstein.

Carpenter, a 26-year-old righty, pitched in 10 games and had a 2.79 ERA for Chicago in 2011.

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YANKEES SPRING TRAINING PREVIEW

Five burning camp questions

► Pitchers and catchers reported to Tampa for Yankees spring training Sunday ► Position players will do the same on Feb. 24 ► Major league spring games get under way March 3 against Phillies ► Metro gets you ready

As usual, the Yankees don't have a lot of question marks heading into spring training.

That's the benefit of having somewhere in the neighborhood of \$200 million to work with.

That's not to say the Yankees didn't make a few radical changes though. They shipped off fan frustration A.J. Burnett to the Pirates last week and traded promising prospect Jesus Montero for Michael Pineda. So what do you have to look forward to this spring?

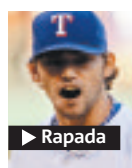


LARRY FLEISHER
sports@metro.us

1

Will two lefty relievers make the team?

In a perfect Yankees pitching



► Rapada

world, Boone Logan and Pedro Feliciano would have been the two lefties out of the bullpen. Perfection

was ruined by Feliciano's shoulder injury and surgery so for most of the year the Yankees went with just Logan.

This year, candidates for the second southpaw job — if the Yankees take that route — include Rule 5 pick Cesar Cabral, who spent the

last six seasons in the Red Sox minor league system.

Among nonroster candidates for a second lefty with major league experience, Mike O'Connor and Clay Rapada are in camp.

O'Connor, who has pitched for the Nationals and Mets, has a .308 batting average against, while Rapada has held lefties to a career .173 average in five seasons. He has pitched for the Cubs and Tigers among others.

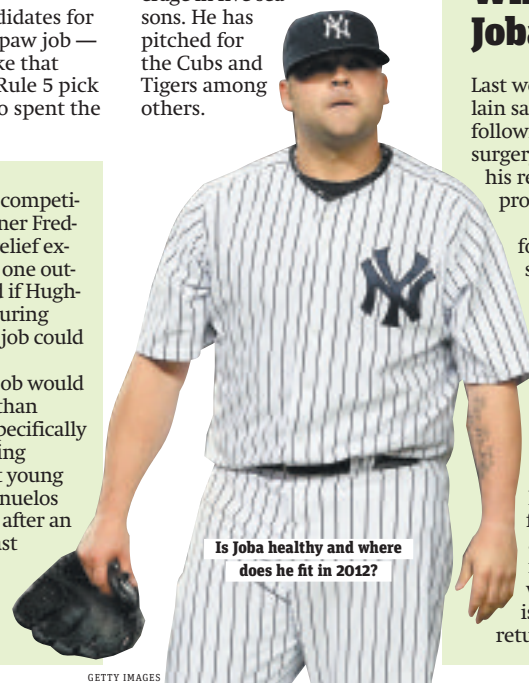
3

Where does Joba fit in?

Last week, Joba Chamberlain said he felt no pain following Tommy John surgery in June and that his recovery was progressing well.

The target return for Chamberlain is sometime in June, but assuming he does return where does he fit in?

The eighth inning is David Robertson's and the seventh is likely Rafael Soriano. Cory Wade and Boone Logan also fit into the picture and the middle innings appear to be where Chamberlain is headed when he returns.



Is Joba healthy and where does he fit in 2012?

GETTY IMAGES

4

How healthy is A-Rod?

Alex Rodriguez has dealt with injuries in two of the last three years.

In 2009, he missed the first 28 games with a hip injury, but that was nothing compared to last season.

Rodriguez had knee surgery in July and missed over a month. He also was bothered by a wrist injury much of the year. The combination of both of those injuries limited him to 99 games. He had 16 home runs, 62 runs batted in and a .823 on-base percentage plus slugging.

Those numbers were his lowest since 1997 when he appeared in 141 games for the Seattle Mariners as a 21-year-old in his second full season.

2

Who will be the team's No. 5 starter?

Two years ago, Phil Hughes won this competition.

Hughes won after being a successful setup reliever in

12 Freddy Garcia has won 12-plus games nine times in his career — including both 2010 and 2011.

2009 with a fastball that averaged 93 miles per hour. His fastball remained at 93 mph and he won 18 games in 2010. But then his fastball velocity slightly dipped coinciding with a mysterious arm injury.

Now Hughes has lost 20 pounds, but does that mean he is better off in the rotation?

The Yankee preference would be to have Hughes in

the rotation but his competition is 12-game winner Freddy Garcia. Garcia's relief experience consists of one outing 12 years ago and if Hughes can't pitch well during spring training, the job could be Garcia's.

It's unlikely the job would go to anyone other than Hughes or Garcia, specifically with A.J. Burnett being shown the door, but young stud lefty Manny Banuelos will be in camp and after an impressive spring last year, don't be surprised to see fans clamoring for the 20-year-old.

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5

What is Andruw Jones' role in 2012?

Is it a subtle message that veteran outfielder Andruw Jones was the first Yankee position to appear in camp?

But he has shown up about 10 pounds lighter and with a healthier left knee that was scoped during the offseason.

Does that mean there will be a left-field platoon of Jones and Gardner?



Gardner has everything a manager wants in a leadoff man, speedy, top-notch defensive and

patient at the plate. On the downside, Gardner batted .220 against lefties and Jones hit .286.

There also isn't any real consensus on who the Yankees' fourth outfielder will be. Jones is the top option, but he is entering his 17th season.

Newly signed Raul Ibanez could play some, but a younger, defensive replacement might be invitee Dewayne Wise.

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NOTICE IS HEREBY GIVEN that a license, serial # 1260462 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 8318 3rd Ave., Brooklyn, NY 11209 for on-premise consumption. 8318 Imperial Corporation d/b/a NGI.

NOTICE OF FORMATION
Notice of formation of 10 73 Jackson - 2-G LLC. Art. Of Org. filed with Secy. Of State of NY (SSNY) on January 25, 2012.
Office location: Queens County.
SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, % Neil D. Ash, 122 East 42nd Street, Suite 1507, New York, NY 10168.
Purpose: Any lawful activity.

NOTICE OF FORMATION
Notice of formation of 10 73 Jackson - 2-G LLC. Art. Of Org. filed with Secy. Of State of NY (SSNY) on January 25, 2012.
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SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, % Neil D. Ash, 122 East 42nd Street, Suite 1507, New York, NY 10168.
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NOTICE OF FORMATION
of Live Tangible LLC Arts. of Org. filed with Secy. Of State of NY (SSNY) on 11/17/2011. Office location NY County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall forward process to: Kamal DeCosta, 244 Fifth Ave., Suite #2485, NY, NY, 10001 Purpose: any lawful activity including but not limited to the sale Of skin care products.

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Market watch



CHEAPEST \$220K

114 W. 70th St.

The cheapest apartment listed this week is a studio at 114 W. 70th St. The condop, which "needs some TLC," is listed by Douglas Elliman for \$220,000.



PRICIEST \$32M

400 Fifth Ave.

The most expensive unit on the market this week is a six-bedroom penthouse at 400 Fifth Ave. At nearly 7,000 square feet, this condo boasts black oak flooring and Miele appliances. It's listed by Douglas Elliman for \$32M.



StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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THE GREEN WAY

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3 Hot home trends

► Move over white ceramic owls and French burlap pillows — here's what you're covering your living room with come spring ► Prepare for 'Downton Abbey' chic

We scanned the recent New York International Gift Fair at the Javits Center and found three emerging trends to keep in mind the next time you want to spruce up your place.

KARL LOHNES
letters@metro.us

More to look for

- **Color:** Plum and fig (goes great with brown or gray)
- **Metallic:** Bright yellow-gold
- **Fabrics:** Crocodile prints and embossment
- **Ceramics:** Swirled, shiny glazing (think '70s Blue Mountain Pottery)
- **Wood:** Raw, unfinished and unstained accents

Pillow therapy

Letters on linens and dishes have been a big trend — now designers are taking it one step further by adding encouraging quotes on our favorite accessories.



Sugarboo Designs
When In Doubt pillow,
\$120,
www.gatheringgrace.com

Fanciful details

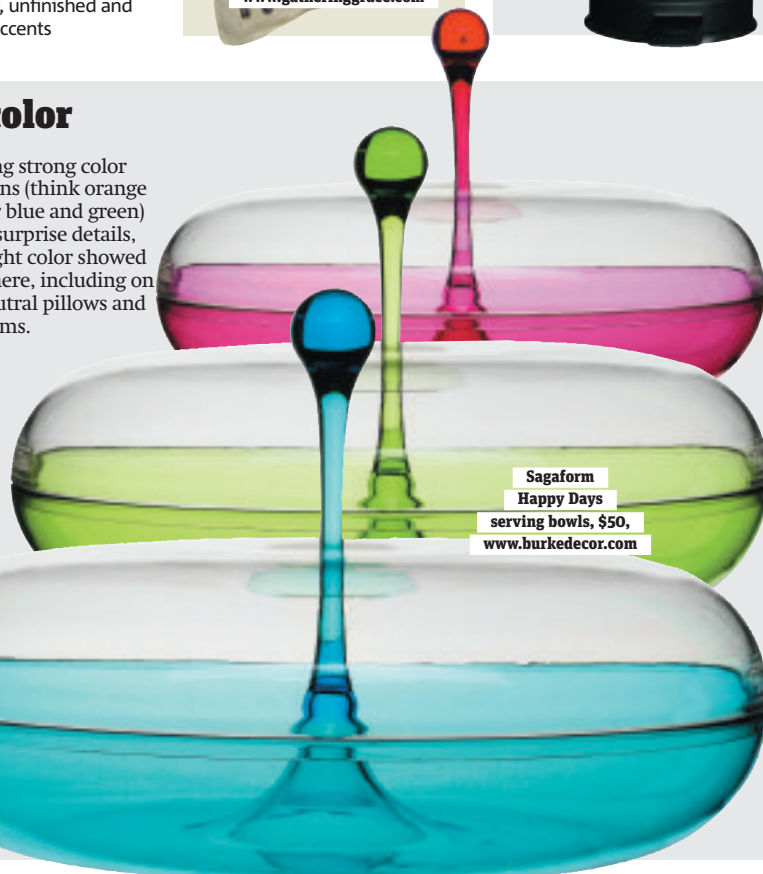
Royal weddings, diamond jubilees and the hit television series "Downton Abbey" are all influencing this one. Touches of curvy details and formal Victorian accents add a bit of class to home goods.



Seletti rubber-coated
garbage can, \$225,
www.selettinorthamerica.com

Bold color

From mixing strong color combinations (think orange and pink or blue and green) to colorful surprise details, pops of bright color showed up everywhere, including on trims of neutral pillows and tabletop items.



Sagaform
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serving bowls, \$50,
www.burkedecor.com

NEWLY CONSTRUCTED APARTMENTS FOR RENT

West 39th Street Apartments is pleased to announce that applications are now being accepted for 41 affordable rental apartments under construction on West 39th Street, between Eighth and Ninth Avenues, in the Clinton section of Manhattan. This building is being constructed through the Inclusionary Housing Program of New York City's Department of Housing Preservation and Development and the 80/20 Housing Program of New York State Homes and Community Renewal. The size, rent and income requirements of the 41 apartments are as follows:

# APTS AVAILABLE	APARTMENT TYPE	MONTHLY RENT	HOUSEHOLD SIZE	TOTAL GROSS ANNUAL INCOME RANGE MINIMUM-MAXIMUM
5	Studio	\$669	1	\$24,891 - \$29,050
20	1 Bedroom	\$720	1 2	\$26,674 - \$29,050 \$26,674 - \$33,200
9	2 Bedroom	\$874	2 3 4	\$31,988 - \$33,200 \$31,988 - \$37,350 \$31,988 - \$41,500

# APTS AVAILABLE	APARTMENT TYPE	MONTHLY RENT	HOUSEHOLD SIZE	TOTAL GROSS ANNUAL INCOME RANGE MINIMUM-MAXIMUM
1	Studio	\$524	1	\$19,920 - \$23,240
4	1 Bedroom	\$564	1 2	\$21,325 - \$23,240 \$21,325 - \$26,560
2	2 Bedroom	\$688	2 3 4	\$25,611 - \$26,560 \$25,611 - \$29,880 \$25,611 - \$33,200

Note: Apartment Type Subject to Occupancy Criteria. Rent Includes Gas for Cooking and Heating. Rents and Income Requirements Subject to Change.

APPLICANTS WILL BE REQUIRED TO MEET INCOME, HOUSEHOLD SIZE AND ADDITIONAL SELECTION CRITERIA.

To request an application, mail a **POSTCARD**, including your name and full address, to: West 39th Street Apartments, One Penn Plaza, Box 6121, New York, NY 10119. Or **DOWNLOAD** an application from www.west39apts.com

Completed applications must be returned by **regular mail only** (no priority, certified, registered, express or overnight mail will be accepted) to a post office box that will be listed on the application, and **must be postmarked by April 14, 2012**. Applications postmarked after April 14, 2012 will be set aside for possible future consideration.

Applications will be selected by lottery.

Applicants who submit more than one application will be disqualified. Photocopied applications will not be accepted. Preference will be given to: Manhattan Community Board #4 residents for 21 units; mobility-impaired persons for 2 units; visual and/or hearing impaired persons for 1 unit; and City of New York municipal employees for 2 units. Preference for all units will go to New York City residents.

No broker's or application fee should be paid to anyone regarding these applications.

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MICHAEL R. BLOOMBERG, Mayor
NYC Department of Housing Preservation and Development
MATHEW M. WAMBUA, Commissioner
New York State Homes and Community Renewal
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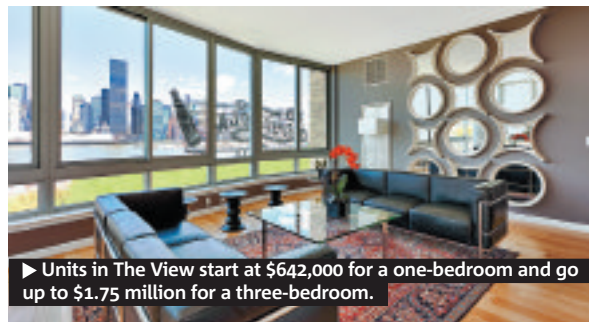
Considering the Queens

► With its close proximity to Manhattan and luxury units at affordable prices, developers hope to lure residents to the west coast of Long Island City

After nearly two decades of progress, the development of the Queens waterfront is nearly halfway done. Now, NYC residents are deciding if the best views of Manhattan are from behind the iconic Pepsi sign.

Similar to the growth of the Williamsburg waterfront — which took off thanks to the short ride to Manhattan on the L-train — developers are trying to capitalize on the west coast of Long Island City and the 4-minute trip it takes to get to Midtown on the 7 train. For just a short commute, residents get luxury developments at more affordable prices than what they could find in Manhattan.

"It's like a postcard. The best views of the city are the ones right outside of it," says Modern Spaces President Eric



► Units in The View start at \$642,000 for a one-bedroom and go up to \$1.75 million for a three-bedroom.

Benaim, whose firm is handling sales for The View, a 185-unit condo that finished construction in early 2010.

The View has already seen other developments spring up around it, and more are coming. A six-building mega-development from TF Cornerstone, dubbed East Coast — along

with another one from the developer's brother/former business partner, Rockrose Development — will bring 3,500 units to the area upon planned completion in 2014. The newest building to hit the market will be 46-15 Center Blvd., with 367 rental units opening up in the next month.

While it is doubtful the renters paying over \$2,000 per month for a studio will have use for the plethora of taxi-repair shops that have called LIC home for decades, TF Cornerstone hopes the retail and recreational additions to their development will keep residents close by and feeling like they're a part of a community. It remains to be seen if restaurants such as the Asian fusion spot Shi or the upcoming opening of Sweetleaf coffee bar — touted by the New York Times as the best espresso in the U.S. — will be seen as merely building amenities or the start of a "local's joint" feel. If they're lucky, renters will be hustling across the river in a classic tale of "if you build it, they will come" — that is, if the 7 train is running on time.

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waterfront



THE VIEW/MODERN SPACES

► Hi, Manhattan! The View boasts enviable green space (www.livingtheview.com).

The look

The views into the city may be stunning, but someone gazing from the other side might not be in awe. All of the buildings except one were designed by Miami-based architects Arquitectonica, giving the area a South Beach silver tower vibe, which seems out of sync next to the East River. What the area lacks in a white sandy beach, however, it makes up for with greenery and parks put in place to get residents out in the open.

Have kids and need more space?

► That's what TF Cornerstone is hoping. Three-bedroom apartments will be released in 45-50 Center, which is expected to open in June. A K-8 public school is also under construction.

 **JARED KLEINSTEIN**
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1610 and 1615 St. John's Place in Crown Heights, Brooklyn, New York are renting eight (8) affordable apartments, including two (2) one-bedroom units and six (6) two-bedroom units. Applications are being accepted now for these eight apartments and for the waiting list for future vacancies in the buildings. Households must meet the following income and family size requirements:

HOUSEHOLD SIZE	APARTMENT TYPE	MAXIMUM MONTHLY RENT	TOTAL GROSS ANNUAL INCOME RANGE Minimum-Maximum
1 2	1 BED	\$883	\$31,367 - \$35,160 \$31,367 - \$40,140
2 3 4	2 BED	\$1,068	\$33,700 - \$40,140 \$33,700 - \$45,180 \$33,700 - \$50,160
3 4 5 6	3 BED	\$1,227	\$43,467 - \$45,180 \$43,467 - \$50,160 \$43,467 - \$54,180 \$43,467 - \$58,200

NOTES: Apartment type subject to occupancy criteria. Rent includes cooking gas and heat. Rents and income requirements subject to change.

APPLICANTS WILL BE REQUIRED TO MEET INCOME AND ADDITIONAL CRITERIA

To request an application, please mail a self-addressed, stamped envelope to:

**St. John's Place Apartments
Certification Office
1615 St. John's Place
Brooklyn, NY 11233**

Completed applications must be returned by regular mail to the address listed on the application materials. Applications will be considered on a first come first serve basis. Preference will be given to New York City residents.

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**Thursdays, February 23rd and March 15th
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